

## Week 7: Lectio Divina (Divine Reading)

The four Lectio Divina “moments” flow in and out of each other according to the inspiration of the Spirit. We will read the passage three times in three different voices. Following each reading will be a minute or so of silence to reflect on the questions below. You may want to jot down a brief note in your journal about what God is saying to you.

- 1<sup>st</sup> reading - What word or phrase stirs my heart?
- 2<sup>nd</sup> reading - What is the word or phrase saying to me?
- 3<sup>rd</sup> reading - How is God inviting me to pray, to grow and change?

READING – John 17:20-23 (CEB)

<sup>20</sup> “I’m not praying only for them but also for those who believe in me because of their word. <sup>21</sup> I pray they will be one, Father, just as you are in me, and I am in you. I pray that they also will be in us, so that the world will believe that you sent me. <sup>22</sup> I’ve given them the glory that you gave me so that they can be one just as we are one. <sup>23</sup> I’m in them and you are in me so that they will be made perfectly one. Then the world will know that you sent me and that you have loved them just as you loved me.

REST in God beyond thoughts. Take a moment to be still and breathe deeply in God’s presence with you.

RESOLVE: As you emerge from this place of personal encounter with God to life in the company of others, resolve to carry this word with you and to live it out in the context of daily life and activity.

## Week 7: The Classical Christian Pilgrimage

1. Think about a trip you took recently. As you planned, did you break up the trip into stages and did that help you complete the journey well?
2. The stages of the spiritual journey describe the movement *from* “separation and alienation from God, our unlikeness to the image of Christ, *to* transforming relationship with God and wholeness in Christ.” What insights do you gain from simply seeing these stages described? How does it help you better understand your own journey?
3. Which stage best describes where you find yourself *in general* right now and why? (Note: These stages are not always linear. We may find ourselves circling back to various stages in different seasons of our lives as we experience more and more of who God is in our lives.)
4. Is there a specific area of brokenness or “anxious care” where God is calling you to greater wholeness and surrender? What stage best describes that part of your life?
5. Share a few highlights from your own journey of faith to this point. Consider the following questions to get you started:
  - a. Awakening – How and when did you first experience or encounter the living God and how did you respond?
  - b. Purgation – How have you experienced the process of bringing your behavior, attitudes and desires more in line with the image of Christ?
  - c. Illumination – How has this process resulted in a “radical shift”, allowing God to be in control and responding in love?
  - d. Union – When have you experienced moments of union or closeness to God? When have you experienced “dark nights” where God seemed far more distant?
6. What else stood out to you from this week’s reading?

## Next Steps

What is one specific way I will respond to God’s invitation for me this week?

## For Next Week

1. Read Chapter 9: Classical Spiritual Disciplines
2. Take inventory of your own spiritual practices, both what you do and how you do them. How is God meeting you in these practices? Are there new practices God is inviting you to in this season? See pp. 137-138.
3. Optional: Other great resources for exploring spiritual disciplines include *Celebration of Discipline*, by: Richard Foster and *Sacred Rhythms*, by Ruth Haley Barton. Available on Amazon.