

Week 10: 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.

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

READING – Matthew 6:5-8 (CEB)

⁵“When you pray, don’t be like hypocrites. They love to pray standing in the synagogues and on the street corners so that people will see them. I assure you, that’s the only reward they’ll get. ⁶But when you pray, go to your room, shut the door, and pray to your Father who is present in that secret place. Your Father who sees what you do in secret will reward you.

⁷“When you pray, don’t pour out a flood of empty words, as the Gentiles do. They think that by saying many words they’ll be heard. ⁸Don’t be like them, because your Father knows what you need before you ask.

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 10: The Inner Dynamics of the Spiritual Disciplines

1. Why is good posture so important to the health and well-being of our physical bodies?
2. What are dangers or risks do you see in spiritual disciplines? In what ways might they be misused?
3. How do silence, solitude and prayer describe the *inner posture* we bring to our spiritual disciplines? Compare and contrast Mulholland's description with how you typically think of or experience solitude, silence, and prayer.
4. Beyond mere quietness, how did the mothers and fathers of the church experience silence? What did it mean to them? How does this understanding of silence compare or contrast with our cultural understandings?
5. How is the classical Christian understanding of solitude different than simply being alone? What really happens in solitude?
6. How might silence and solitude impact our prayer life? What difference do these practices make?
7. 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 Part 4 Intro & Chapter 12: Corporate Spirituality
2. Reflect on each significant aspect of your life and ask God to show you where and how the process of being formed in the image of Christ has resulted in you bringing a better self to others. Consider such areas as family, work, friendships, faith community, neighbors and local geographic community, and engagement with the concerns and needs of the world beyond your immediate community. See p 182.