

Valley of Security/Loss

Saturday morning-Session #1, February 29th, 2020

Longing for:

Ephesians 3:14-21

Ruth's Story:

1. Loss _____

2. Loss of _____

3. Loss of _____

4. Loss of _____

Practical Implications _____

Practical tool:

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Reflective Questions:

How would I describe the current capacity of my soul and how do I desire that to change?

What do I tend to anchor the security of my life on?

As I process the topic of loss, how have I normally processed loss in the following categories?

Loss due to sin:

Loss due cultural issues:

Loss due to death or things being taken from me:

Loss of Godly perspective:

How can I process each of these losses through a process of Lectio Divina?

Additional Resources

Deeper Life Conference
Victory in the Valley

Lectio Divina Individual or Group Exercise

The Practice of Group Lectio Divina Lectio divina, or “holy reading,” is an ancient practice from the Christian tradition, dating from the early medieval era of prayerful study of Scripture in monasteries. Lectio divina is a slow, quiet, and thoughtful encounter with Scripture. Reading and responding to the biblical passage three times provides time and space for God’s Word to move from our lips, into our minds, and finally into our hearts.

1. Prayer
2. 1st reading of scripture
 - a. Listen for a word or phrase that God will speak to us today (reflect silencely)

 - b. Share that word or phrase that God spoke to our hearts
3. 2nd reading of scripture
 - a. What might God be saying to us through the word or phrase that spoke to our heart? (reflect silently)

 - b. Share what that word or phrase means to us.
4. 3rd reading of scripture
 - a. How is God calling us to respond to this encounter with His word? (reflect silently)

 - b. We share aloud how we feel God may be calling us to respond.
5. Close in prayer