

21 UNITED
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READ · PRAY · FAST 

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VISION

At the beginning of each new year, we take some time to re-align with the heart of God as individuals and as a community through reading, praying, and fasting.

JOIN US

We are asking every person who calls Puget Sound Foursquare home to take January 8-29th to:

READ

Getting in God's word daily

PRAY

Talking and listening to God

FAST

Giving up something you hunger for the purpose of pursuing breakthrough

GATHERINGS

We believe there is power in coming together to pursue God. Don't miss our community gatherings.

21 UNITED PRAYER

Fox Island Campus | Wednesday, January 11 or Thursday, January 12 | Regular Small Groups
Tacoma Campus | Thursday, January 12 | 7:00 pm

21 UNITED WORSHIP

Tacoma Campus | Thursday, January 19 | 7:00 pm

21 UNITED REFLECT

Fox Island Campus | Wednesday, January 25, or Thursday, January 16 | Regular Small Groups
Tacoma Campus | Thursday, January 26 | 7:00 pm

INTRO TO LECTIO DIVINA

The Purpose of the Journal

“The word is very near you; it is in your mouth and in your heart, so that you can do it.” Deuteronomy 30:14

Lectio Divina is about one thing: developing an intimate relationship with God by reading, listening, and praying the Scriptures that have been given to us.

WHY PRACTICE LECTIO DIVINA?

We are hoping to hear God’s voice and do God’s will — to move from simply attaining information and move toward a communion with God that is transformative. This means we are listening for the voice of God, communicated through the Scriptures and revealed by the Spirit.

HOW DOES LECTIO DIVINA WORK?

First, you listen with your heart to the text of the Bible for what God seems to be speaking through the text. The classical form of Lectio Divina includes four elements - “elements not marching in precise formation but one calling forth another and then receding to give place to another: none in isolation from the others.”

These four elements are:

READING OF LECTIO

The first element is simply reading the text. Do so slowly, unhurried, prayerfully, out-loud, and then read again at least three times. Allow yourself to experience the text, and not to just intellectualize it, paying special attention to words, phrases, or sentences that seem to take hold of you. In faith we wait for God to speak through Word and Spirit to our soul.

REFLECT ON MEDIATIO

This second element calls you to reflect on the scripture reading, words, phrases, sentences that took hold of you, allowing them to become primary. Write them down, let them begin to sink down

deep into your heart, repeat them over and over in your mind while reflecting on what feelings or emotions they provoke. Ask yourself, *What is the Lord saying to me through these words? What do these words mean? What is God speaking to my heart through them?* This element is like Mary's response in Luke 2:51 where "she pondered all these things in her heart."

RESPONDING TO ORATIO

This third element is moving toward a prayerful response. As you have read, and re-read, reflected on words, phrases, sentences, and even asked questions to help you navigate why these words have taken hold, now draw these thoughts into your heart and make your own personal response to the Lord in prayer. Tell God what's on your heart, offer a prayerful response of love, thankfulness, petition or intercession, sit in silence, write a prayer, draw a picture, actively respond to the word you have received.

RESTING IN CONTEMPLATIO

This fourth element is where we rest in God — we become inactive and simply dwell with God as the beloved. This may not come easy, and may take patience and discipline. Simply be still for a moment, allow the Lord to love you, to continue etching on your heart the words He has given you through this process of Lectio Divina. This is a prayer of presence, it is the movement from conversation to communion.

In the 12th century, European monk, Guigo the Second, explained these four elements this way:

*Reading, as it were, puts solid food into our mouths,
Meditation chews it and breaks it down,
Prayer obtains the flavor of it,
and Contemplation is the very sweetness
which makes us glad and refreshes us*

all with the aim of nourishing and deepening our relationship with Father, Son, Spirit, and being a witness of Christ and love in the world.

JOURNAL

Each day follow the process laid out on the devotion page. You will need a Bible to look up the scripture and a pen to fill out the rest of the sections. This is a quiet, meditative time.

Things to consider:

MAKE TIME

For most of us, there is no time lying around to be discovered. So anything worthwhile we have to implement it into our daily routine or rhythm. This journal will require that of you. This journal is a daily one for that purpose, to help you carve out the time in your day for this practice to take root. If it be 30 minutes in the morning, lunch, evening, or anytime in-between, make the time.

CREATE A PLACE

Literally find a place where you might go to enter the Lectio process. Our example is Jesus, who took time to get away, to go to a specific place to spend time in prayer with the Father. Where is your place?

PERSEVERE

Getting into the Bible daily is a long term process. It will probably do us little good if we don't persevere in its practice. This will require a sense of dedication and commitment. Many of us give up applying for this reason, "I don't get anything out of it." Sometimes we all feel this way, yet perseverance needs to be worked out.

And remember: *Like the manna collected by Israel in the desert, there is only enough spiritual nourishment for one day. We cannot store it to save ourselves exertion. "If today you hear God's voice, harden not your heart" (Psalm 95:7-8). True, some of us can, like camels, live off our humps for a while - but the supply is not inexhaustible and it depends on our having previously absorbed substantial intake. Most people's experience is that it is necessary to keep a thread of continuity in their exposure to Scripture. That way God's word does not become stale; renewed frequently, it adapts to our changing life. Instead of being an exercise for routine's sake it becomes a vital component of our desire to live our lives in the context of the divine. - Michael Casey*



JANUARY 8

DAY 2

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Genesis 17:1-13*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

pray as responding to the words, phrase, sentence that God has stirred within you

CONTEMPLATIO

rest in the presence of God, allowing the words revealed to take root



JANUARY 9

DAY 3

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO Acts 22:2-16

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

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JANUARY 10

DAY 4

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Psalm 69:1-5*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

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CONTEMPLATIO

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JANUARY 11

DAY 5

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Matthew 1:9-11*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

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JANUARY 12

DAY 6

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Proverbs 1:8-19*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

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JANUARY 15

DAY 9

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO 1 Samuel 9:27-10:8

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

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JANUARY 16

DAY 10

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO Acts 5:1-11

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

pray as responding to the words, phrase, sentence that God has stirred within you

CONTEMPLATIO

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JANUARY 17

DAY 11

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Psalm 86*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

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CONTEMPLATIO

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JANUARY 18

DAY 12

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Mark 1:12-13*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

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CONTEMPLATIO

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JANUARY 19

DAY 13

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Proverbs 1:20-33*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

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CONTEMPLATIO

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JANUARY 22

DAY 16

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Genesis 12:1-9*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

pray as responding to the words, phrase, sentence that God has stirred within you

CONTEMPLATIO

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JANUARY 23

DAY 17

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO Acts 5:33-42

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

pray as responding to the words, phrase, sentence that God has stirred within you

CONTEMPLATIO

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JANUARY 24

DAY 18

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Psalm 46*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

pray as responding to the words, phrase, sentence that God has stirred within you

CONTEMPLATIO

rest in the presence of God, allowing the words revealed to take root



JANUARY 25

DAY 19

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Mark 1:14-15*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

pray as responding to the words, phrase, sentence that God has stirred within you

CONTEMPLATIO

rest in the presence of God, allowing the words revealed to take root



JANUARY 26

DAY 20

SILENCIO

take 60 seconds (or more) in silent preparation for sacred reading

LECTIO *Proverbs 2*

listen to the text by reading out loud slowly and repeat up to 3x if desired

MEDITATIO

reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down

ORATIO

pray as responding to the words, phrase, sentence that God has stirred within you

CONTEMPLATIO

rest in the presence of God, allowing the words revealed to take root

