

CEASE Challenge

Week 7 - "Unhurried"

List a way that you are satisfying your own desires, and not allowing the Lord to. Who will you share this with so they can keep you accountable?

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Lectio Divina

This ancient form of prayer is Latin for "divine reading. It is a contemplative Christian practice of prayerful reading of a biblical passage to deepen one's relationship with God, and encourages listening for God's voice and allowing it to transform your heart.

Opening Prayer

"Father God, creator of everything, Source of light and wisdom, shine down Your brilliance into the darkness of this world. Help me to see clearly and remove the shadows of wrongdoings and ignorance from my understanding. Give me a clear mind, a good memory, and the ability to truly understand things. Help me explain things accurately and speak honestly and kindly. Guide me from the beginning, show me how to move forward, and assist me in finishing what I start. Through Jesus Christ, our Lord. Amen."

- Based on a prayer from St. Thomas Aquinas

"Lectio" - (Reading)

- Read the Scripture slowly
- Listen to God's word
- Realize that the words are full of meaning

"Meditatio" - (Meditate)

- Read the Scripture again
- Reflect on the message
- What are the connections from other Scriptures?
- Let God bring things to mind

"Oratio" - (Prayer)

- Read the Scripture again
- Realize where you are off the mark in your life
- Long for God's Spirit to transform you

"Contemplatio" - (Contemplation)

- Read the Scripture one final time
- Rest in knowing God will answer your heartfelt prayer

Closing Prayer

"Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen."

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