

Exercise - Approximately 10 Minutes

Closing Exercise: Prayerfully listening to Scripture through the practice of Lectio Divina

Lectio Divina

Lectio Divina is a practice, which seeks to engage scripture as the living Word of God through reading, meditation, prayer, and contemplation.

Please read through all of the steps below before beginning the exercise.

1. Ask someone in your group who has a timer on their phone to set it for five minutes.
2. Begin by reading the following prayer out loud as a group:

Gracious God, we thank you for the gift of your Living Word. Open our hearts to the leading of your Spirit that we may hear what your Word is speaking to each one of us today. Amen

3. Start the timer and slowly read the following passage out loud as a group. After the passage has been read sit in prayerful meditation on the scripture until the time expires. It is okay to keep silently reading through the passage during this time.

Colossians 3:12-17

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

4. Reflect as a group

The followings are prompts to help generate discussion. Respond to the prompt(s) that stands out to you. You will not have time as a group to answer them all. If none stand out to you, then share as you feel lead.

- How did you experience the passage?
- What came to mind as you sat with the scripture?
- What phrases stood out to you?
- What images arose?
- Did any questions come to mind?
- What wisdom did you receive?
- How did God's Word speak to you?