



Prayer & Scripture

E X P E R I E N C E

A 31-Day Prayer & Scripture Experience

Dear Alameda Family,

As we continue to endure the COVID-19 pandemic, it is extremely important that we Christians root ourselves in prayer and Scripture so that we can remain confident and calm, and so that we can recognize the opportunities that exist within this challenge to make Jesus known to others. For that reason, I am encouraging our members to use this guide as a resource for praying intentionally about the cultural moment we're living through and for staying connected to God's Word. This is also something that we can be doing together while we are still somewhat physically apart.

We are also entering a period on the calendar in which the world remembers the birth of Christ and looks forward to turning the pages of the calendar to a new year. And developing a daily habit of prayer and reading Scripture is a great way to honor Christ and enter a new year with a renewed spirit of optimism! So, I have developed this Prayer and Scripture Experience to help you do just that.

*I have selected 30 Bible verses about Jesus that serve as a reminder of the hope and new life we have in Christ - and we could all use a little more hope right now, couldn't we? We will read and pray about these verses through the **lectio divina** model, which is explained on the next page. This model will help you practice responsive-listening with God.*

*My hope is that this 31-day experience will keep us connected to God and each other during this time of "social distancing." I also hope that it will help us use our time wisely and productively so that our confidence in God will be made stronger by the end of this next 31 days. So, let's do this...**together!***

*I love you all,
Rusty*

A Brief Guide to Lectio Divina

The Latin phrase *lectio divina* means “divine reading,” and it has come to represent a practice of reading, meditation, and prayer that promotes communion with God while also increasing one’s knowledge of God’s Word. It helps a person listen to Scripture with the “ear of the heart.” It is not the same as Bible study because it approaches Scripture with a more meditative posture.

In *lectio divina* we let go of our own words and let God speak to us. In this practice, the words of scripture become very alive and touch our hearts in spontaneous ways that lead us more deeply into relationship with God.

Here are a few instructions to help you experience scripture in this way:

- Allow yourself 10-15 minutes each day for this experience.
- Find a quiet place where you will not be interrupted.
- Read the day’s Bible passage from the list below at least twice, with a period of silence in between.
- During the period of silence, reflect on what you have read, letting the words of Scripture speak to you in the silence.
- When you read the day’s Bible verse, notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply.
- Reflect while you read the passage a second time with deep receptivity. Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture?
- Respond spontaneously in prayer as you listen to Scripture. Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise.
- Rest in God’s presence beyond thoughts and reflections. Just be.

Day 1 (December 1)	2 Corinthians 5:17
Day 2 (December 2)	Romans 8:15-17
Day 3 (December 3)	Romans 8:28-32
Day 4 (December 4)	Romans 8:33-39
Day 5 (December 5)	1 Corinthians 3:9
Day 6 (December 6)	1 Corinthians 6:19-20
Day 7 (December 7)	1 Corinthians 12:27-31
Day 8 (December 8)	Ephesians 4:4-7
Day 9 (December 9)	Ephesians 5:17-20
Day 10 (December 10)	1 John 4:4
Day 11 (December 11)	1 John 5:4
Day 12 (December 12)	Hebrews 2:11
Day 13 (December 13)	James 4:7
Day 14 (December 14)	1 Peter 1:3-5
Day 15 (December 15)	2 Timothy 1:7
Day 16 (December 16)	2 Timothy 1:9-10
Day 17 (December 17)	Matthew 5:13-16
Day 18 (December 18)	Philippians 3:14
Day 19 (December 19)	Philippians 3:20-21
Day 20 (December 20)	Hebrews 10:23-24
Day 21 (December 21)	Colossians 1:13-14
Day 22 (December 22)	Colossians 1:22
Day 23 (December 23)	Colossians 2:6-10
Day 24 (December 24)	Colossians 3:3
Day 25 (December 25)	Matthew 1:21
Day 26 (December 26)	Ephesians 1:4-5
Day 27 (December 27)	Ephesians 1:6-7
Day 28 (December 28)	2 Peter 1:3
Day 29 (December 29)	John 3:16-17
Day 30 (December 30)	Revelation 21:5
Day 31 (December 31)	Reflect & pray on what you have read this month.