

PART 1 - LECTIO DIVINA

Before you start, pick a short passage (from a Psalm or Gospel, for example). You can remember the steps below through the acronym BREAD so that you don't have to reference this sheet each day as you meet with God through this ancient practice.

1. Be Still (Silencio)

Find a place where you can encounter God and then take a minute in stillness. Come into God's presence, turn off your phone, breathe, and intentionally release the chaos and noise in your mind to Him. Take a few minutes to settle into this silence. As internal noise rises in your heart (ex. anxiety, your todo list, etc), entrust it to your Father. Ask the Spirit to open your eyes and speak through His Word.

2. Read (Lectio)

Read a Bible passage slowly (out loud, if possible). As you read, when a word or phrase catches your attention, don't keep reading. Stop and attend to what God is saying to you. Be open to the word. Don't analyze it or judge it. Listen and wait. If desired, write a verse or phrase down that catches your attention.

3. Encounter (Meditatio)

Read the passage a second time out loud. Savor the words. Imagine that you are encountering Jesus through it. If you're reading the Gospel, imagine yourself on the scene, seeing what Jesus is saying or doing first-hand. If you're reading poetry like the Psalms, imagine yourself feeling what the writer is expressing to God. You get the idea. Your goal is to look at God first-hand through the passage.

4. Apply (Oratio)

Read the passage slowly a third time, asking the Spirit to reveal what He wants you to see or hear from God. If you encounter silence, that's okay. The Spirit may bring gentle conviction, encouragement, hope, or even an invitation to action. Is there something the Spirit wants to say to encourage you?

5. Devote (Contemplatio)

Rest, and Wait in the Presence of God. Allow some time for the word to sink deeply into your soul. Yield and surrender yourself to God. End your time in prayer, devoting yourself and your day to God. Ask for the Spirit's power to live in light of His Word. Consider writing a word or a phrase down to carry with you during the day and consider who you might share this with, whether your Huddle, roommate, spouse, children, or someone else.

PART 2 - IMMANUEL JOURNALING

Set aside about 30 minutes in a quiet space where you can be still and engage in this practice. Turn off your phone, take a few deep breaths, and open the pages of a physical Bible. After spending 15-20 minutes meditating on God's Word using Lectio Divina, practice Immanuel Journaling using the prompts below using a notebook or journal. Let the Word of God and Spirit of God shape what you write as "God's response." After you do this, it will be important to talk with your Huddle, friend, or a spouse about what it seems like God is saying through His Word and by His Spirit.

Write Your Prayer

Dear Father (or other name for God) _____,

I need your help with (briefly describe a specific situation of need)...

I appreciate that you (e.g., are emotionally present for me, empowering me, etc.)...

Write God's Response

Dear _____ **(Your Name)** _____,

I see you in this situation and notice your physical demeanor of (e.g. being busy, tossing and turning in bed, clenching your jaw, slumping your shoulders, crying)...

I hear what you are saying (out loud and/or in your mind)...

I understand that you're feeling (e.g. sad, angry, afraid, hurt, lonely, shame, guilt, glad)...

I realize this is really big for you because you want or long for...

I'm glad to be with you and I'm proud of you for your (e.g. vulnerability, courage, kindness, perseverance, honesty, etc.)...

I want to encourage you and help you by (e.g. a Scripture promise)