

Luke Duke

- **This week** is the much anticipated week to start reading the book of Luke!

Groups - 10 Minutes

- Pray for your groups' participation in the *Luke Challenge*.
- Discuss: *What verse in Scripture or specific teaching has meant the most to you so far in your life? How has it effected you?*

Faith Builder

Meditation means: _____.

Scripture Meditation means: to think about _____; to ponder _____.

- **Psalm 119:9-11**—*How can you keep your way pure?*
- **Philippians 4:8**—*Is Scripture worthy of our meditation?*
- **Hebrews 4:12**—*What will Scripture do in us?*

⚙ *Important Truth:* As we read and meditate on Scripture, it will _____ us.

Lectio Divina (Together, read the back of this sheet)

Lectio Divina—Spiritual Exercise (20 minutes)

Luke 6:43-45

1. **Read** the passage over and over during the time allotted.
2. **Meditate** on specific words and phrases that popped out at you when you were reading the text.
3. **Pray** with God, referring to the text and asking for his understanding.
4. **Contemplate** by letting go of your own words and listen to God inside.

During This Week:

This week you are challenged to begin reading through the book of Luke. Read only the first two chapters. You can read them over and over and over again if you want!

I will plan to read Luke this week on: _____

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Recently, I have rediscovered the tradition of *lectio divina*, or “divine reading.” **Lectio divina** is a method of prayerful reading that has existed in some form since the early Church, with figures like Origen. It was eventually formalized in the Benedictine lifestyle via the Rule of St. Benedict. In the 12th century, divine reading was further formalized by the Carthusian prior Guigo in his *Scala Paradisi*. In this letter, Guigo shaped the method into its current form, consisting of 4 “rungs:” *lectio* (reading), *meditatio* (meditation), *oratio* (prayer), and *contemplatio* (contemplation).



Lectio Divina

- This reading and meditation exercise is all about finding the understanding of Scripture that God wants us to understand today.
- *What does God want me to learn from this Scripture text today?*

One begins by **reading** a short passage over and over, “chewing” on the words.

Meditation leads us to focus on certain words or phrases that speak to us in a personal way, reveal some aspect or emphasis in the passage. We ruminate on those words and let them open up a depth in the revelation that was not present to us on a first reading.

Next, with **prayer**, one opens a dialogue with God about the passage and about one’s meditations, placing one’s thoughts before Him and asking Him for his guidance. It is a way of turning the words of Scripture into an encounter with God Himself, using the very words of God Himself (think of one appropriating the Psalms as his prayer).

Finally, in **contemplation**, we silently allow our minds to rest in God, as the traditional understanding of the term implies. We allow ourselves to let go of our own words, any interpretations that have a source in our ego and in our selfhood apart from God. We allow God to become the exegete within us, presenting our will and our minds at the disposal of His movements.

(Most of the above information was taken from the blog: *The Well at the World’s End*, William Morris)

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