

Lectio and Meditation Exercise

Text 1 John 3: 16-17, 23-24

MEDITATION:

- 1) Sit in a comfortable position: feet on the floor, relaxed by alert with hands in your lap or at your sides.
- 2) Begin with a prayer asking that God open your heart and mind by the power of the Holy Spirit that you might hear what God has for you this day.
- 3) Hear the text for the first time, just gently listen. Pause for a moment.
- 4) Hear the text for the second time, listening for anything that captures your attention, a word or phrase that jumps out at you or sparkles for you. Pause for a moment.
- 5) Hear the text for a third time. Continue to be open, allowing the Spirit to direct you toward any word or idea in the text that draws you.
- 6) Sit quietly for about 5-7 minutes. Let the text play in your mind and heart. Allow whatever thoughts to come that feel in keeping with the Spirit. (After the meditation time I'll say "you may move into your time of response")
- 7) Take about 5 minutes to journal (or other response – poem, walk and pray about the text, gardening, drawing, sculpting, etc. – whatever you do, let the response be given to God in thanksgiving for the text you just read/heard)

"As we conclude our time of listening, we give thanks to you, Oh God. Amen."

Any comments/thoughts/insights, etc.

Choose 3 disciplines (one from each category: inward, outward, corporate) and write them down. Try them for a month, evaluate.