

Week 2: Lectio Divina (Divine Reading)

The four Lectio Divina “moments” flow in and out of each other according to the inspiration of the Spirit. We will read the passage three times in three different voices. Following each reading will be a minute or so of silence to reflect on the questions below. You may want to jot down a brief note in your journal about what God is saying to you.

- 1st reading - What word or phrase stirs my heart?
- 2nd reading - What is the word or phrase saying to me?
- 3rd reading - How is God inviting me to pray, to grow and change?

READING – Ephesians 4:12-16 (CEB)

¹²His purpose was to equip God’s people for the work of serving and building up the body of Christ ¹³until we all reach the unity of faith and knowledge of God’s Son. God’s goal is for us to become mature adults—to be fully grown, measured by the standard of the fullness of Christ. ¹⁴As a result, we aren’t supposed to be infants any longer who can be tossed and blown around by every wind that comes from teaching with deceitful scheming and the tricks people play to deliberately mislead others. ¹⁵Instead, by speaking the truth with love, let’s grow in every way into Christ, ¹⁶who is the head. The whole body grows from him, as it is joined and held together by all the supporting ligaments. The body makes itself grow in that it builds itself up with love as each one does its part.

REST in God beyond thoughts. Take a moment to be still and breathe deeply in God’s presence with you.

RESOLVE: As you emerge from this place of personal encounter with God to life in the company of others, resolve to carry this word with you and to live it out in the context of daily life and activity.

Week 2: The Process

1. How does our instant gratification culture impact your thoughts and expectations regarding your spiritual life? What mindset shifts might you need to make?
2. How are spiritual growth and physical growth similar and how are they different? How does this comparison help you in your own spiritual growth?
3. “Everyone is in a process of spiritual formation, and everything shapes us into being... The only choice we have is whether that growth moves us toward wholeness in Christ or toward an increasingly dehumanized and destructive mode of being.” How do you respond to this observation? Which path do you find yourself on, whether intentionally or unintentionally?
4. The Christian journey is an “intentional and continual commitment to a lifelong process of growth toward wholeness in Christ.” What kind of intention are you bringing to your spiritual journey? What is your deepest spiritual desire or longing?
5. What else stood out to you from this week’s reading?

Next Steps

What is one specific way I will respond to God’s invitation for me this week?

For Next Week

1. Read Chapter 2: Being Formed
2. Using the guidelines on pp. 39 – 40, experiment with 10 minutes of silence each day. Consider setting your phone to “Do Not Disturb” and using a soft timer alarm the help you stay present with God in the moment. You may want to journal about your experience. Be patient with distractions and with the process.