

Week 9: 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 – Romans 8:5-11 (CEB)

⁵ People whose lives are based on selfishness think about selfish things, but people whose lives are based on the Spirit think about things that are related to the Spirit. ⁶ The attitude that comes from selfishness leads to death, but the attitude that comes from the Spirit leads to life and peace. ⁷ So the attitude that comes from selfishness is hostile to God. It doesn't submit to God's Law, because it can't. ⁸ People who are self-centered aren't able to please God.

⁹ But you aren't self-centered. Instead, you are in the Spirit, if in fact God's Spirit lives in you. If anyone doesn't have the Spirit of Christ, they don't belong to him. ¹⁰ If Christ is in you, the Spirit is your life because of God's righteousness, but the body is dead because of sin. ¹¹ If the Spirit of the one who raised Jesus from the dead lives in you, the one who raised Christ from the dead will give life to your human bodies also, through his Spirit that lives in you.

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 9: The Nature of Spiritual Disciplines

1. What comes to mind when you hear the phrase “your body is dead because of sin”? How does this terminology shape your understanding of sin?
2. What role have personal spiritual disciplines played in your own spiritual formation journey?
3. How does Paul’s understanding of being “dead in sin” help you understand your own brokenness and the process of transformation?
4. How do spiritual disciplines help us overcome the power of sin and death and experience new life in Christ?
5. How does our culture distort our understanding of sin and of spiritual disciplines?
6. What kind of challenges do we face when we offer ourselves to God through genuine spiritual disciplines? Why do we need Christian community?
7. 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 11: The Inner Dynamics of the Spiritual Disciplines
2. Using the practice on pp. 162-163, take some time each day to practice good spiritual posture, offering yourself fully to God’s presence.