

The background of the slide is a vertical rectangular image of intense, bright yellow and orange flames, suggesting fire or a divine presence. The flames are dynamic and swirling, with a bright white-hot core in the lower right quadrant.

Lectio Divina

James 1:19-25

Instructions:

Lectio Divina is a form of Bible study that is almost as old as Christianity itself. It involves four stages- reading, meditating, prayer, and contemplation. We are going to spend some time doing a personal Bible study using this method. Here are your instructions

1. Grab a Bible. You will also need a pen and a workbook.
2. Find a time during the week, and just as important, a place, where you can go through this exercise without distractions. Turn off your phone. Block out at least 30-60 minutes.
3. SLOWLY work your way through the exercise in the workbook. You will not be graded on this, and there's no hurry. This is a date with God; don't be in a hurry for it to end.
4. Before you begin, pray that God will quiet your heart and speak to you during the next few moments.

Contemplation:

This is a time to rest, or bask, in the presence of God. Spend a few moments in silence. Try to focus on nothing but God. Do not speak or even pray. Just be still. If your mind races and you have a hard time "thinking of nothing", try one of these suggestions-

- Imagine yourself as a child in God's lap. Imagine yourself lying peacefully in the arms of your heavenly Father. With every breath, think to yourself, "I am safe."
- Imagine you are standing on the bank of a river. Jesus is standing on the other side. Look into His eyes. When other distracting thoughts come into your mind, imagine they are driftwood floating by in the river; let them float by, but don't focus on them. Keep your eyes on Jesus.

Meditation

Write down which words and phrases jumped out at you as you read through James 1:19-25. Why do you think they stuck in your mind? What do these phrases reveal about God? What do they reveal about you? What promises or warnings are in this passage?

Meditation continued...

This passage contains several commands for us to follow. Write down a few of these commands.

What do you believe God wants to do in response to the commands you have just read?

Verses 23 compares God's Word to a mirror that reflects an image of our spiritual life back to us. Take a moment to reflect on your relationship with God, and how well you are living in obedience to God's Word. What do you think your reflection looks like right now? What do you think God wants you to do?

Prayer:

Journal a letter to God. It can be in the form of a prayer, or a personal letter about what this passage of Scripture means to you. Maybe you want to rewrite part of the passage in your own words. This is your space. Use it as a gift to God.

Reading

Turn in your Bible to James 1:19-25. Sit by yourself. SLOWLY read through this passage, whispering what you are reading. Then read through it again, slowly. As particular words or phrases stick out to you, circle or underline them in your Bible. Read through it a third time. Pray that God will show you which sentences He wants you to focus on. Finally, read through it a fourth time, slowly. Every word is a word from God to you. Don't skip over them. Cherish them. Let your mind dwell on them.