



Open

- For this week's group time, we are going to be using the ancient Christian practice of *Lectio Divina* ("spiritual reading"). This practice is one way of praying through a text of Scripture, and we will use it to pray through Ephesians 3:14-21.

**Watch the Video to be led through this practice.
The questions below are for your group to discuss afterwards.**

Discuss

- What word or phrase did God bring to your attention, and what feeling did that word/phrase provoke in you?
- Discuss what happened for you during your time of silently talking with God about this word/phrase and feeling. What insights
- As you have listened to the other group members talk, what thoughts or feelings has that surfaced in you?

Reflect

- Overall, which parts of *Lectio Divina* were easier for you, and which parts were more difficult? What do you think about this practice?
- How might you use the practice of *Lectio Divina* in your daily quiet time?
- What questions or observations do you have regarding this prayer practice?

Further Resources on *Lectio Divina*

- ***Divine Intervention: Encountering God through the Ancient Practice of Lectio Divina*** by Tony Jones (TH1NK Publishing, 2006).

If you have any questions, want further guidance in incorporating this practice into your personal spiritual growth plan, or would like to share any feedback about your group experience, email Justin Wood at jwood@harvesterchristian.org.