

Lectio Divina

“Listening with our Hearts to God’s Word”

Zoom Meeting ID 837 5855 2695

Opening music for centering, breathing, quieting of the mind.

[Abba Father](#), *one hope project*

Lectio from next Sunday’s Service of the Word

Philippians 1:20-27

It is my eager expectation and hope that I will not be put to shame in any way, but that by my speaking with all boldness, Christ will be exalted now as always in my body, whether by life or by death. For to me, living is Christ and dying is gain. If I am to live in the flesh, that means fruitful labour for me; and I do not know which I prefer. I am hard pressed between the two: my desire is to depart and be with Christ, for that is far better; but to remain in the flesh is more necessary for you. Since I am convinced of this, I know that I will remain and continue with all of you for your progress and joy in faith, so that I may share abundantly in your boasting in Christ Jesus when I come to you again. Only, live your life in a manner worthy of the gospel of Christ, so that, whether I come and see you or am absent and hear about you, I will know that you are standing firm in one spirit, striving side by side with one mind for the faith of the gospel,

Lectio Read

Let the words wash over you, listening for a word or phrase that seems intended for your heart in this moment of your life

Meditatio Reflect

What might God be saying to you through the words you noticed in the passage?

Oratio Respond

What can you say to God in response to the Spirit's message?

Contemplatio Rest

Sit quietly in God's presence for three minutes

Responding with Christ

Our father in heaven hallowed be your name,

your kingdom come, your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins, as we forgive those who sin against us.

Lead us not into temptation, but deliver us from evil.

For the kingdom, the power and the glory are yours. now and forever. Amen.

Blessing

Protect us Lord while we are awake, and safeguard us while we sleep, so that we may keep watch with Christ and Rest In Peace. May the Lord bless us, keep us from all evil, and bring us to everlasting life.