

## Reflecting on Jesus and His Way

### Getting to Know Jesus ....

John 1:1-18  
Luke 4:14-21  
Matthew 9:35-38  
Matthew 11:28-30  
Matthew 26:36-46  
John 8:1-11  
John 10:1-18  
John 13:1-17  
John 15:1-17  
Mark 11:15-18  
Luke 23:32-49  
Luke 24:1-12  
Luke 24:13-35  
Acts 10:34-43  
Romans 8:28-39  
Philippians 2:1-11  
Colossians 1:15-23  
Hebrews 1:1-3  
I Peter 1:3-9  
Revelation 5:6-14  
Revelation 21:1-5

### And His Way....

Matthew 6:5-13  
Matthew 6: 25-34  
Matthew 7:24-29  
Matthew 28:16-20  
Luke 6:27-36  
Luke 10:25-37  
Luke 12:32-34  
John 17:20-26  
Romans 5:1-5  
2 Corinthians 5:16-21  
Galatians 5:16-26  
Ephesians 3:14-21  
Colossians 3:12-17  
I Peter 1:3-9  
I John 4:7-21

## Reflecting on the Scriptures

This way of praying with scripture has been used for centuries by followers of Jesus and is often called “Lectio Divina” which is Latin for sacred or divine reading. A regular practice of Lectio Divina cultivates the ability to listen deeply to the Bible and allow God’s Word to open up our lives, and God’s action to penetrate more deeply in us. It helps us to become men and women who are able to listen for the still small voice of God speaking to us personally in our lives here and now, and to grow in awareness of God’s presence with us, in us and around us. We interact with the text of scripture but unlike Bible study we do not analyze or dissect it. We listen in quiet and allow God’s words to settle into us as we quiet our thinking to receive them deep into our hearts.

There are many ways to engage with Lectio Divina but commonly used are four steps:

- **Read.** First we quiet our minds and relax our bodies and read a short passage of scripture. This is best done slowly and intentionally with an awareness of God’s presence right now speaking through the text. We simply listen for God’s word for us at this moment. We don’t search or seek out the meaning on our own, but rather wait, and listen for something to emerge. When a word or phrase seems to settle on us, we take it in and just sit with it in the silence.
- **Meditate.** The text is read again for the purpose of “hearing” or “seeing” God in it. This is the deep searching of the heart. We ponder it, chew on it, ask how this is applicable to my own experience, my own life? How is God reaching to me now, speaking to me in the word or phrase?
- **Respond.** The third reading is for the purpose of responding back to God, expressing honestly whatever is happening in the heart and spirit as a result of our listening. There may be praise, tears, confusion, awe, reverence, even laughter---any emotion or thought that arises we give freely to God at this time. And we listen for how God might want us to turn, move or act because of what we have heard.
- **Rest.** Finally we seek to settle our minds and emotions and rest in silence and seek to simply love God. Something that helps anytime distracting thoughts arise in this time of resting is to just return to the word that stood out in the reading, and repeat it, and allow other thoughts to fade. Allow the sacred word to symbolize all your love for God, and your willingness to give God all your attention. Sit in the presence of God and use the word as a window through which to gaze upon God and to allow the love of God to stream into your heart and spirit.

## Studying the Scriptures

### Questions to ask when reading the Bible (adapted from Steve Chalke)

- What were the events, attitudes, and customs that were shaping their world? How does this book/story/passage/ compare with other cultures’ writings of this time?
- What’s the genre and what kind of literary techniques are being used?
- Why did the author(s) find it important to tell this story?
- How does this book/story/passage fit into the library we know as the Bible?
- What does this book/story/passage tell us about how the author(s) understood who they were?
- What does this book/story/passage tell us about their understanding of God at that time?
- What would Jesus’ comment be on this passage or story?

