



Week One - January 8-12, 2024

Take time, sit down and take a few deep breaths to settle into the silence. Close your eyes and offer the intent of your heart to Jesus (to do his will, to be with him). Choose a very simple prayer to express your openness and desire to meet God (Jesus, "Here I am") When (not if) you become distracted, offer again your simple prayer back to God.

Reading (Lectio): What does this passage say? First, you read the text. At the most basic level, you ask: What is going on in this Bible passage? What does this passage show me about God and His story? Read it a second time. Perhaps write a few verses to slow down

Meditation (Meditatio): What is God saying to me through the text? At this point, you ask whether there is something that God might want to show you through this passage. Often, it might connect with something in your life (your work, relationships, situations, etc)

Prayer (Oratio): Ask God what He would like to say to you from this passage. What do you want to say to God about the text? This is your opportunity to offer words to God in response to what God might have spoken to you in meditation.

Contemplation (Contemplatio): Just sit in quiet presence/awe of the experience thus far. What is your next step in obedience to this passage?

Monday January 8 *Psalm 16* Contemplate on the joy and fulfillment found in God's presence and guidance.

Tuesday January 9 *Psalm 23* Reflect on where God is leading and guiding you to rest.

Wednesday January 10 *Psalm 27* Seek His beauty and the joy that comes from dwelling in His presence. (Gather at Stonecrest from 6:30-8PM for worship and prayer together).

Thursday January 11 *Psalm 31* Ponder God's goodness in your life the blessing of His steadfast love. Let gratitude fill your reflection.

Friday January 12 *Psalm 139* Contemplate that there is no place beyond God's presence, feel the security and intimacy in His loving kindness.