



Week Two Jesus our Savior - January 15-19, 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 15 *John 3:1-21* Meditate on the deep love of God in sending Jesus as our Savior. Pray for gratitude and a deeper understanding of God's sacrificial love.

Tuesday January 16 *Romans 5:1-11* Reflect on God's love demonstrated through Jesus' death for you. Pray for a renewed sense of God's love and grace in your life.

Wednesday January 17 *Isaiah 61* Meditate on the transformative work of Jesus, who is sent to bring good news, healing, and freedom. Ask how you can participate in God's mission to bring hope and restoration to those around you. **(Gather at Stonecrest from 6:30-8PM for worship and prayer together).**

Thursday January 18 *John 14:1-14* Reflect on Jesus as the way, the truth, and the life. Pray for guidance and a deepening connection with Jesus as your source of truth.

Friday January 19 *Ephesians 2:1-10* Consider the grace through faith in Jesus that brings salvation. Pray for a strengthened faith and a heart filled with gratitude for God's gift for you and others.