



## Week Three Jesus our Sanctifier - January 22-26, 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 22 Romans 8** *Seek the Holy Spirit's power to overcome our weaknesses and His power to live in victory.*

**Tuesday January 23 Psalm 103** *Reflect on the areas of your life where you need to surrender, and ask God to fill you with His grace, mercy, and renewal*

**Wednesday January 24 John 15** *Pray for a deeper connection with Jesus. Surrender any areas where you've relied on your strength, and ask the Holy Spirit to fill you, making you fruitful branches in Christ. (Gather at Stonecrest from 6:30-8 PM for worship and prayer together).*

**Thursday January 25 Galatians 5:13-26** *Reflect on and surrender any works of the flesh or willfulness in your life, asking the Holy Spirit to fill you anew and manifest His fruit in you.*

**Friday January 26 Romans 12** *Meditate on how to offer yourselves as living sacrifices. Surrender your desires, seek transformation through the renewing of your mind. Ask the Holy Spirit to empower you to live a life pleasing to God.*