



## **Week Four Jesus our Coming King - February 5-9, 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 February 5 Acts 1** *Pray for an eagerness for Christ's return and ask for His power and presence to live with purpose and peace.*

**Tuesday February 6 Isaiah 40** *Prepare your heart for the Lord. Pray for humility and surrender as bring Good News to those around you.*

**Wednesday February 7 Psalm 130** *Reflect on waiting for the Lord more than watchmen. Pray for hope and an expectant heart. (Gather at Stonecrest from 6:30-8 PM for worship and to pray for healing and hope together).*

**Thursday February 8 1 Thessalonians 5:1-11** *Meditate on being children of the light, and pray for God's peace and guidance in living as people who anticipate His coming.*

**Friday February 9 Colossians 3:1-17** *Set your mind on things above, and pray for a constant awareness of the coming glory of Christ.*