



UP

racticing for eternity

February 2024

“Now this is eternal life:
that they know you, the only true God,
and Jesus Christ, whom you sent.”
John 17:3

As disciples practicing for eternity, in this UP season, we are challenging our congregation to commit to meditating on a section of scripture daily for 28 days.

We encourage you to partner with someone in the congregation to share your experience on a regular basis during the challenge.

If you are new to meditating on scripture, we encourage you to use the following method called the Lectio Divina. It is a traditional monastic practice of scriptural reading, meditation and prayer intended to promote your communion with God and to increase the knowledge of His Word. Each day, you will read a passage of scripture four times using this method. This can be done on your own, or with your family.

Lectio Divina Method Instructions

Silencio (SILENCE): Quiet preparation of the heart. Come into God's presence, slow down, relax, and intentionally release the chaos and noise in your mind to him.

Lectio (READ): On the first reading, simply open yourself to the presence of God. Read the passage slowly and prayerfully, allowing short pauses between sentences. (Over time you will discover whether it is more helpful for you to read silently or out loud- try them both...) As you read, take in the words and the overall flow of the passage. Then allow a time of silence following the reading. Continue to open yourself to the Spirit of God.

Meditatio (REFLECT): On the second prayerful reading of the passage, listen for a particular word or a phrase through which God wants to speak to you. You will notice your attention being drawn to something (or if this doesn't happen, just choose a word). Once you have "received" the word or phrase, begin to silently meditate on that. Reflect on why God would highlight this for you today, ask Him any questions that come to mind, and note things that seem important as you meditate on what He has given you. Remember that the focus is on listening to what God has to say to you.

Oratio (RESPOND): On the third prayerful reading of the passage, listen now for God's invitation, and respond from your heart. The Living God is always inviting us in some way...to let go of something, or to take up something; to do something or be something... the invitation can take innumerable forms. Following the reading, continue to listen for His invitation and then respond silently or out loud from an honest heart.

Contemplatio (REST): The focus of the fourth prayerful reading of the passage is to simply rest now in the love that God has for you. Let the words wash over you. There is no further need to reflect or respond. Allow God's Spirit to draw you close and fill you with His love, grace and peace. Linger in this place of deep connection, for you are being filled and refreshed for your continuing journey.

Passages about Calling

In this season of your life, how is God inviting you to participate with him in the work he is doing in the world?

- Day 1.** Call of Adam and Eve
Genesis 1:26-28
- Day 2.** Call of Abram
Genesis 12:1-3
- Day 3.** Call of Moses
Exodus 3:1-15
- Day 4.** Call of Aaron
Exodus 4:14-16, 14:27-31; 28:1-3
- Day 5.** Call of Deborah/Barak
Judges 4:4-10
- Day 6.** Call of Gideon
Judges 6:11-14
- Day 7.** Call of Samuel
1 Samuel 3:1-21
- Day 8.** Call of Saul
1 Samuel 9:15-21; 10:1
- Day 9.** Call of David
1 Samuel 16:1-13
- Day 10.** Call of Solomon
1 Kings 1:28-40
- Day 11.** Call of Isaiah
Isaiah 6:1-6
- Day 12.** Call of Jeremiah
Jeremiah 1:4-10
- Day 13.** Call of Jonah
Jonah 1:1-3
- Day 14.** Call of Esther
Esther 4:1-17
- Day 15.** Call of Nehemiah
Nehemiah 1:1-11
- Day 16.** Call of Mary
Luke 1:26-38
- Day 17.** Call of the Disciples
Matthew 4:18-22
- Day 18.** Call of Simon and Andrew
Mark 1:16-20
- Day 19.** Call of Levi
Mark 2:13,14
- Day 20.** Call of Simon
Luke 5:1-11
- Day 21.** Call of Philip and Nathaniel
John 1:43-51
- Day 22.** Call of Stephen and Phillip
Acts 6:1-7
- Day 23.** Call of Saul
Acts 9:1-8
- Day 24.** Call of the church
Romans 8:28-30
- Day 25.** Call of the church
1 Corinthians 1:20-25
- Day 26.** Call of the church
Ephesians 1:3-14
- Day 27.** Call of the church
Colossians 1:11-14
- Day 28.** Call of the church
2 Thessalonians 2:13-17