

WEEKLY REFLECTION

This past Sunday, we were introduced to a new form of prayer—the body prayer, which draws its inspiration from the various prayer postures that can be found in Scripture. (1) We begin by bending over to touch our toes. As we do so, we shake off anything that's not of God, that's stopping us from coming to Him. (2) Next, we stand and stretch our hands out to focus on, and to worship and glorify God. (3) We continue by wrapping our arms around ourselves in a good, long hug. We receive whatever God wants to give us. We will go about our day knowing that we are safe and loved. God is always close to us. (4) Lastly, we end by holding our hands out in a posture of surrender. Whatever we have received from God, let us give it back to Him for His will and for His Kingdom's sake.

The *Lectio Divina* (the divine reading) is another form of prayer that we touched on this week. It is meant to be a slow, meditative, and conversational engagement with the Scriptures intended to promote communion with God. As we practice the *Lectio Divina*, we seek to be open and honest about the truth of our hearts, and expect to hear back from God in the process.

In the *Lectio Divina*, we go through a selected passage of Scripture four times in total. With Psalm 127 as our example, our first time round we would read it in its entirety. What words and phrases jump out? The second time, we reflect on the passage. For example, what does it mean that “unless the Lord builds the house, those who build it labor in vain”? (v.1a) Why does the passage suddenly pivot to focus on children, and how they are a heritage from the Lord? (v.3a) The third time, we seek to respond. Is there an action step that God is inviting you to take? Lastly, we rest in the passage. Read through it once more, and allow it to slowly and fully sink in.

QUESTIONS

QUESTION ONE:

Before you jump straight into this week's ice-breaker, take the time to begin your session with the body prayer! Shake out whatever you've been carrying with you this week, turn your eyes towards Jesus, remind yourself that you are safe and loved, and surrender it all to God as you dive into the Scriptures together.

What is one of your favorite Psalms, and why? How has this psalm brought comfort, encouragement, and / or joy to you at a specific moment in your life?

QUESTION TWO:

Practice doing the *Lectio Divina* together as a group. Go through the passage together with the 4 "R"s—read, reflect, respond, and rest.

QUESTION THREE:

Share with one another your reflections and response actions from going through Psalm 127. Don't rush through the exercise, but take the time to really sit and rest in the reality of what God is saying to you.

End with simple prayer, and pray over each other. Be authentic. Be conversational. And most of all, remember to breathe. God is always with you.