



## Try a new approach: Lectio Divina

In Latin, Lectio Divina means divine reading. It is a tool for opening your mind and heart to allow God to speak to you through the scripture. Try it this week. Read the passage four times and respond to one of these questions after each reading.

1. Lectio (read): What word or phrase speaks to you?
2. Meditation (meditate): What does your word or phrase mean to you?
3. Oratio (pray): How is God calling you to act in response to this passage?
4. Contemplatio (contemplate): Allow time for silent reflection

### Philippians 4:4-9

Be glad in the Lord always! Again I say, be glad! Let your gentleness show in your treatment of all people. The Lord is near. Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.

From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you.

## Love God with your heart, soul, MIND, and strength

This week, be deliberate in exploring concepts and ideas that expand your mind and help you grow in faith. Commit to looking for new insights as you do one of these:

- Read a book
- Listen to a podcast
- Watch a movie

## Study with others

Small groups can challenge you to grow deeper, consider other people's insights, and encourage accountability. If you are not currently involved in a study group, check out opportunities available on your campus during the season of Lent.