

Practicing Christfulness
2 Samuel 7:4-7,
11-14, 18-22, 27

Learning to rest in God's presence will have a lasting impact in your life (your world and your relationships).

“Technology has altered human physiology. It makes us think differently, feel differently, even dream differently. It affects our memory, attention spans and sleep cycles.

This is attributed to a scientific phenomenon known as neuroplasticity or the brain's ability to alter its behavior based on new experiences.

**In this case, that's the wealth
of information offered by the
Internet and interactive
technologies.”**

— Mashable

Psalm 1:1-6

How happy is the man who does not follow the advice of the wicked or take the path of sinners or join a group of mockers! 2 Instead, his delight is in the Lord's instruction, and he meditates on it day and night.

Psalm 1:1-6

**3 He is like a tree planted
beside streams of water that
bears its fruit in season and
whose leaf does not wither.
Whatever he does prospers.**

In the intentional slowness of lectio, you are reminded that Christian spirituality emphasizes God's action and your response—not the other way around. It's a practice in which you slow yourself down,...

**...creating space in which you
can gently learn to seek, and
discern, God's presence
hidden in the sacred text and
in the subtle stirrings of your
heart and mind.**

**—Carl McColman, The Big
Book of Christian Mysticism**

**Early Christian mystics
viewed lectio as a ladder with
four rungs:**

**Lectio (Reading): prayerful,
slow, heart-centered reading
of a sacred text**

**Meditatio (Meditation):
deliberate pondering of the
message in the text**

**Oratio (Prayer): responding to
God's message with honest,
sincere prayer**

**Contemplatio
(contemplation): allowing the
prayer to dissolve into
wordless, silent
contemplation, while simply
resting in the divine presence,
beyond the limitations of
human thought.**

**(v.18) “Then King David went
in and sat before the Lord.”**

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The Four Rung Ladder of Lectio Divina:

Learning to rest in God's

-Read (we will have a lasting

-Reflect on your life

-Respond

-Rest

Read (Lectio) g Ladder of
Lectio Divina:

**(v. 4) “But that night the word
of the Lord came to Nathan,
saying: 5 “Go and tell my
servant David, ‘This is what
the Lord says:**

When you choose the text to pray, ask the Holy Spirit to reveal a phrase, sentence or even one-word stands out to you.

**Place yourself in a
comfortable position and
allow yourself to become
silent.**

Reflect [Meditatio]

Joshua 1:8

**Keep this Book of the Law
always on your lips; meditate
on it day and night, so that
you may be careful to do
everything written in it. Then
you will be prosperous and
successful.**

Philippians 1:8

**Finally, brethren, whatever
things are true, whatever
things are noble, whatever
things are just, whatever
things are pure, whatever
things are lovely,,**

Philippians 1:8
whatever things are of good
report, if there is any virtue
and if there is anything
praiseworthy—meditate on
these things.

Respond (Oratio)

**Responding in prayer is
where we begin to speak to
God—whether we use words,
ideas, or images--or all
three--is not important.**

Rest (Contemplatio)

To rest (in God's embrace) is to read the passage a final time and Rest in the word, reflect or pray and allow God to speak in the silence. Allow three or four minutes of silence.

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impact in your life**