**Abide: Developing Spiritual Rhythms**

Week 3 – Liturgical Prayer, Service/Generosity, Lectio Divina

**Liturgical Prayer**

**Using Pre-written Prayers**

**THE LORD’S PRAYER**

9“Therefore, you should pray like this:

Our Father in heaven,
your name be honored as holy.
10Your kingdom come.
Your will be done
on earth as it is in heaven.
11Give us today our daily bread.
12And forgive us our debts,
as we also have forgiven our debtors.
13And do not bring us into temptation,
but deliver us from the evil one.

Bonus - **Podcast: Bible Project - The Lord’s Prayer pt 1-5 (date range May 13-June10)**

**PSALM 5**

Listen to my words, Lord;
consider my sighing.
**2**Pay attention to the sound of my cry,
my King and my God,
for I pray to you.

**3**In the morning, Lord, you hear my voice;
in the morning I plead my case to you and watch expectantly.

**4**For you are not a God who delights in wickedness;
evil cannot dwell with you.
**5**The boastful cannot stand in your sight;
you hate all evildoers.
**6**You destroy those who tell lies;
the Lord abhors violent and treacherous people.

**A PRAYER OF UNKNOWING BY THOMAS MERTON**

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that, if I do this, You will lead me by the right road, though I may know nothing about it. Therefore I will trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone. Amen.

**EXCERPT FROM PATRICK’S BREASTPLATE**

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

**UPON FEELING FRUSTRATION AT OTHERS**

Give me grace, O God, that I might extend to others a liberal grace, not allowing my own anger, pain, or frustration to flare out at those I casually encounter, who cannot know what I am going through, and who are carrying burdens of their own to which I am also blinded.

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Write a prayer of your own for your use, or to share with a friend for their use.

**Serving**

**Key Verses**

Philippians 2:5-8

Matthew 20:26-28

John 13:14-17

**Small Group Discussion:**

* Who is someone who made a big impact or difference in your life?
* What did they do that made such a big difference?

**The Ministry of Interruption**

*“Dietrich Bonhoeffer famously declared, ‘When Christ calls a man, he bids him come and die.’ Such a call to serve Christ summons up images of legendary martyrs, fearless in the face of persecution, or of a triumphant death after a lifetime of planting the flag of the gospel among unreached peoples. Instead, it seems that far more commonly Christ’s call is to a death by degrees, washing feet in obscurity.”* – Donald Whitney

*“If you can’t feed a hundred people, then feed just one.”* – Mother Teresa

*“I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.”* – Helen Keller

*“We serve. This could be quietly befriending the poor in your city or volunteering for a local nonprofit, but it could also be parenting your two-year-old or caring for your aging parents.* – John Mark Comer

**Types of Service – Richard Foster**

* The service of small things
* The service of guarding the reputation of others
* The service of being served
* The service of common courtesy
* The service of hospitality
* The service of listening
* The service of bearing the burdens of each other
* The service of sharing the word of Life with one another

***This week I’m going to serve \_\_\_\_\_\_\_\_\_\_\_\_\_\_ by doing \_\_\_\_\_\_\_\_\_\_\_\_\_\_.***

*“Lord Jesus, as it would please you bring me someone today whom I can serve.”* – Richard Foster

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**Lectio Divina**

**Let’s practice it using a passage: Matthew 9.18-26**

**The first step is silent preparation – *silencio***.

1. We put aside the things that occupy us.
2. We sit in silence becoming quiet in God’s presence, maybe with eyes closed and head bowed in humility.
3. Hand over your cares to Him.

**The second step is to read – *lectio*.**

1. We read the biblical text listening in the Spirit of Christ for a word or phrase that is being impressed upon us.
2. Say something like, “Holy Spirit speak to me.”
3. We are trying to just pay hype attention, not yet what it means in this step.
4. Possibly read it multiple times in this stage.

**The third step is to reflect – *meditatio*.**

1. Read the passage again.
2. Where is the invitation or challenge for us?
	1. Repeat the word or phrase brought to your attention.
	2. Imagine yourself in the scene as a person or eyewitness.
3. Perhaps the scene resonates with a pain in your life, a sadness, or a joy, or question for God like “really?!?”

**The fourth step is to respond – *oratio***.

1. Read the passage one more time.
2. Enter into a prayer time talking to God about the feelings the text has brought to the surfaced.
3. Pay attention to the invitation God is presenting to you.

**The fifth step is the invitation to rest – *contemplatio*.**

1. Whatever the fresh invitation we now rest with God who spoke to us, just hold onto it for a while.
2. Thank God for his voice and words to you.
3. It is a time of being present and openness and enjoyment with Him.

**A sixth step that I am using from Ruth Haley Barton (Sacred Rhythms, 61) is resolve, resolve to do something with this revelation – *incarnatio***.

1. We resolve to incarnate (live out) the word of God.
2. Sit for a moment with what this means for your life – what’s next.
3. You go back into the world attempting to remember and enflesh what was brought to your attention.