

Tuesday, November 2
Prayer for the End of the Day
Lectio Divina

Read through this passage using the spiritual practice of Lectio Divina. If you are not familiar with Lectio consider the brief outline below. Simply read through the passage and **allow for at least 3 mins of silent reflection in between readings.**

But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

Philippians 3:7-11

Lectio Divina

Lectio (*read*)

read the passage in full, listening for God's guidance

Oratio (*respond*)

pray, draw, journal, move your body/heart/mind/soul in response

Meditatio (*reflect*)

read the passage again, in part or in full, considering which phrases or images call to you

Contemplatio (*rest*)

sit in contemplative prayer, perhaps using one of the phrases as your centering word/image.

Journal/Reflect

- What words or phrases stayed with you?
- What images or metaphors came to mind?
- What does this passage say about Resurrection to you?