

Lectio Divina

This is an ancient Christian bible meditation practice. We recommend Lectio Divina because our tendency in a busy and rushing world is to skim scripture and miss what it is offering us. God actively speaks to us through the words of the bible but we sometimes need to slow down and concentrate on listening. Go to the website for more detailed instructions. Here is a suggested format for you to follow:

preparation. Get comfortable. Begin with a few moments of deep, regular breathing and a short prayer inviting the Holy Spirit to guide you.

first lectio (reading). Read the passage slowly. Pause between phrases and paragraphs.

second lectio. Read the text slowly again, with bigger pauses. Keep an eye open for any particular phrases or words that catch your attention.

third lectio. Read the text once more until you reach one of the phrases or words that struck you before. Stop there and reread those words, repeat them to yourself a few times.

meditatio (meditation) Repeat these words gently to yourself. Allow them to become God's word for you. This is the Holy Spirit at work in your heart and mind to illuminate the text for you. It is not a new revelation from God to you but an increased understanding of His revelation in scripture.

oratio (prayer) Respond to the passage by opening your heart to God, "What might you be saying to me God?" This is not an intellectual exercise but the beginning of a conversation with God. God invites you to be real, to hold up your most difficult and pain-filled experiences to him, and to gently recite over them the healing word or phrase he has given you.

contemplatio (contemplation). Rest. Silence. Open your mind and heart to the influence of our loving God. Listen to Him. There are moments in all loving relationships when words are unnecessary, and it is the same in your relationship with God. Let go of your own words and simply enjoy the experience of being in the presence of God, the One who loves you. A beautiful, wordless contemplation, joyful contemplation of God. Stop *doing* and just *be*.

Waiting on a Promise



LEEDS VINEYARD

The Vineyard Centre
5 Sheepscar Court, Northside Business Park
Leeds
LS7 2BB

Phone: 0113 245 9111
www.leedsvineyard.org

Week One:

**The Lord who
provides**

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The Lord who provides

Some time later God tested Abraham. He said to him, 'Abraham!' 'Here I am,' he replied. Then God said, 'Take your son, your only son, whom you love – Isaac – and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain that I will show you.' Early the next morning Abraham got up and loaded his donkey. He took with him two of his servants and his son Isaac. When he had cut enough wood for the burnt offering, he set out for the place God had told him about. On the third day Abraham looked up and saw the place in the distance. He said to his servants, 'Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you.' Abraham took the wood for the burnt offering and placed it on his son Isaac, and he himself carried the fire and the knife. As the two of them went on together, Isaac spoke up and said to his father Abraham, 'Father?' 'Yes, my son?' Abraham replied. 'The fire and wood are here,' Isaac said, 'but where is the lamb for the burnt offering?' Abraham answered, 'God himself will provide the lamb for the burnt offering, my son.' And the two of them went on together. When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood. Then he reached out his hand and took the knife to slay his son. But the angel of the LORD called out to him from heaven, 'Abraham! Abraham!' 'Here I am,' he replied. 'Do not lay a hand on the boy,' he said. 'Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son.' Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son. So Abraham called that place The LORD Will Provide. And to this day it is said, 'On the mountain of the LORD it will be provided.' The angel of the LORD called to Abraham from heaven a second time and said, 'I swear by myself, declares the LORD, that because you have done this and have not withheld your son, your only son, I will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on the seashore. Your descendants will take possession of the cities of their enemies, and through your offspring all nations on earth will be blessed because you have obeyed me.'

Genesis 22:1-18

PRAISE GOD

Because he is an awesome God, the Provider, worthy of praise

THANK GOD

For all the ways in which he has provided for you. Make a list.

TESTING

If the Lord were to test you like he tested Abraham, what tendency to self-sufficiency might you see?

RESPONSE

Lord, I want to surrender completely to your love and I am sorry for those areas of my life where I seek to be self-sufficient. Help me to trust you as Jehovah Jireh, my provider.



Making Headingley our home and our hub

MAKING HEADINGLEY OUR HOME AND OUR HUB

What part is the Lord calling you to play in the church's journey at this time?

PRAYER

Pray that the Lord will provide:

- His presence in our ministry and worship
- Sufficient money for us to do what He has called us to do.
- People to serve in Vineyard Kids, set up, refreshments, welcome and worship-leading at weekly worship.
- People to serve in the Vine.
- Space and facilities as we grow.
- Salvation stories as He reveals Himself to people as they come anywhere near the Vineyard.