

# PART II: Investigating and Knowing God

📅 Fecha	@February 1, 2023
📌 Práctica	Conocimiento E Investigación

## WORSHIP AND PRAYER.

### TALK ABOUT LAST WEEK'S PRACTICE.

Last week's practice was to memorize **Psalms 119:15-16** or **Matthew 13:23**. Or if someone wanted to do the intermediate level, memorize both.

- Just by raising their hand. Who made the effort and tried to memorize one of the two verses? Even if you couldn't memorize them.
- Who would like to tell us the verses?
- What was the hardest part about this practice?

### READ THIS SUMMARY.

There are many "things" around us telling us how we can live well in life. On social media, the news, our phone, our friends, family, and even ourselves.

But in Joshua 1:8 we find how God helps Joshua, and us too, to bring awareness of the importance of knowing that the Word of God is the only one that should guide us in our daily lives.

And to be able to do that; the bible needs to be read, meditated on, reflected on, examined, and consulted.

Today, we will be learning one of the oldest and simplest practices in the history of the Christian church, on how to read the Bible; **Lectio Divina**.

## **TALK ABOUT SUNDAYS TEACHING.**

- What stood out to you about Sunday's teaching?
- What do you think is the difference between **reading and meditating** on the Bible?

## **READ THE BIBLE TOGETHER.**

### **Joshua 1:8**

- What do you think it means to **meditate on it day and night**?
- Personally, what do you think is the biggest obstacle in your life to be able to do this?)

### **Psalms 1:1-3**

- What stands out to you the most about this psalm?
- Why do you think the one who wrote the Psalm makes a relationship between meditating on the word of God and "bearing fruit and prospering in everything they do"?

## **DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.**

The best way to know more about God is through his word. And although he left us many ways in which he can speak to us, in the Bible we can find what he said and what he is still saying.

We just need to learn how to read, meditate and put into practice what he says in his word.

## Let's practice lectio divina.

For this practice, you will need a notebook. Hopefully one dedicated just for this. Or for today, you can do it on the back of these sheets.

### Practice.

#### 1. Step One: Stillness

- Find a quiet place, and without distractions. Slow down of your mind and ask the Holy Spirit to guide your time.

#### 2. Step Two: Read

- Read Matthew 13:19-23.
- Do it slowly and up to two times if you can.
- Find a verse that catches your attention. Write it down.

#### 3. Step Three: Reflect

- Think about why this verse caught your attention.
- Ask God what is He trying to tell you, and wait for him to speak to the heart and mind.
- Write down what you think God is saying to you.

#### 4. Step four: Act

- Write down one step you will take to respond to what God is speaking to you.

#### 5. Step five: Pray

- End by praying asking God to help you put into practice what He spoke to you.

- One or two people who would like to share, quickly, what they think God spoke to them personally.

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## READ THIS WEEK'S PRACTICE.

As we have learned in recent weeks, it is not only important to read the Bible, but also to do it constantly. Like any relationship, it can only grow with consistency and the investment of time.

As we said last week, any relationship that we want to grow is going to require being intentional. And in this practice we are going to continue increasing our intentionality week by week.

### This week's practice is;

- **Memorize** (or make sure you don't forget) Psalm 119:15-16 and Matthew 13:23.
- **Read the bible**, doing lectio divina):
  - **Easy:** If you don't have the practice of reading the Bible, make it your goal to do it twice this week.
  - **Intermediate:** If you have the practice of reading the Bible but are just beginning, make your goal to read it three times a week.
  - **Difficult:** If you are ready to give everything to God, your goal is to do it 5 to 7 days a week.

### IMPORTANT.

- If you are doing the church's bible reading plan, do it based on that plan.
- If you are not doing a reading plan, we invite you to join at [casaevidencias.com/biblia](http://casaevidencias.com/biblia), or at our resource table you can find the printed plan.

**DOES ANYONE HAVE A QUESTION ABOUT THE PRACTICE?**

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**PRAY BASED ON THE PRACTICE TO END.**