Grace upon Grace



A GUIDE TO PRAYING THE SCRIPTURES

From his fullness we have all received grace upon grace

John 1:16

This book belongs to _____

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Lectio Divina

The Sacred Reading

BEFORE YOU BEGIN

Our hope this month

We hope you receive what God has been offering you all along: a relationship with him in love, and with each other in love.

We hope you're changed. Not into a better version of the person you're trying so hard to be, but into someone whole… less tangled up in sin and the broken stuff, more at home with God. More like Jesus. Led by the Holy Spirit.

And we hope it makes you a grateful person. Generous. Thankful. Joyful. Not the kind of joy that depends on everything going well. Some of the passages in here will push on that, and that's on purpose.

None of this happens by trying harder. It happens by showing up, slowing down, and letting God do what God does in us. That's what this book is for.

Pastor Jason & Jill

SACRED READING

Where this comes from

Lectio Divina is Latin for sacred reading. It's one of the oldest ways Christians have prayed with Scripture.

Around the year 530, a monk named Benedict wrote a rule of life for his community. He set aside hours every day for lectio divina… not reading a lot, but reading slowly, letting a few words sink all the way in.

About six hundred years later, around 1150, a monk named Guigo II wrote a short letter called The Ladder of Monks. He described sacred reading as four rungs on a ladder:

1. Lectio · Read
2. Meditatio · Reflect
3. Oratio · Respond (pray)
4. Contemplatio · Rest

"The aim of lectio divina was to combine meditative reading with purity of life and knowledge of God, so that scripture provided a flexible guide for the whole of life."

Richard and Kendall Soulen, Handbook of Biblical Criticism

SACRED READING

Why we add two more

Many teachers today put a step before the ladder and a step after it, and we're doing the same.

Silencio · Be still. Benedict's monks lived in silence. We live with a phone that buzzes every four minutes. Before we can hear a whisper, the noise has to stop. So we start by getting quiet on purpose.

Incarnatio · Carry it. In our tradition, grace doesn't just make you feel something; it changes how you live. So we end by taking one thing out the door with us.

"The capacity to set the heart's attention on God… is the very commodity we are losing to the 'attention economy'… But if we can't pay attention, we can't pray."

John Mark Comer, Practicing the Way

EVERY DAY

The six steps

Before you start. Same place, same time, every day if you can. Phone on Do Not Disturb, used only as a timer. Your Bible, this book, a pen. Don't be afraid to set your timers longer than feels comfortable, right from the start.

1 · Be still (silencio)
Set a timer. Sit up, feet on the floor. Breathe slowly. Let the noise in your head settle. If thoughts keep coming, don't fight them; let them go by and come back to your breathing. You might pray one line: "God, I'm here. Speak, I'm listening."

2 · Read (lectio)
Read the passage slowly, out loud if you can. Then read it again. And a third time. Each reading has its own two questions (next page). This isn't about getting through it. It's about letting it get through to you.

3 · Reflect (meditatio)
Stay with the words that stood out. Repeat them. Turn them over. Ask why they're the ones that rose up today. Write what comes.

4 · Respond (oratio)
Talk to God about it, honestly. Thank him, ask him, argue with him, confess something. Write your prayer if it helps.

5 · Rest (contemplatio)
Set the timer again and stop talking. Just be with God. No agenda. If your mind wanders, go back to the word you noticed. This is the hardest step and the most important one.

6 · Carry it (incarnatio)
Pick one thing to take into your day: a word, a phrase, a person to love, something to do. Write it down.

EVERY DAY

The three readings

First reading · Notice

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

Second reading · Connect

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

Third reading · Invite

What might God be inviting you to, or out of?

What would saying yes look like today?

The LORD passed in front of him and proclaimed:

"The LORD! The LORD!

a God who is compassionate and merciful,

very patient,

full of great loyalty and faithfulness,

showing great loyalty to a thousand generations,

forgiving every kind of sin and rebellion…

Exodus 34:6–7

WHAT IT CAN LOOK LIKE

One morning with Exodus 34:6

Be still. I set my timer for 3 minutes. It felt long. Kept thinking about my chem test.

Notice. “very patient” and “The LORD! The LORD!” I’m not patient with my little brother at all. And God says his own name twice, like he really wants Moses to get it.

Connect. The first things God says about himself are compassionate and patient. Not angry. He says it right after the golden calf. I always picture God as kind of annoyed with me. Like I’m a disappointment.

Invite. To believe he’s actually patient with me. Maybe to stop expecting him to be mad. When I mess up today: not spiral. Just say sorry and keep going.

Respond. God, I don’t really believe you’re patient with me. Help me believe it. And help me be patient with Caleb.

Rest. I sat in silence. (My mind wandered like 10 times.)

Carry it. “very patient.” Text it to myself for lunch.

It’s normal if your mind wanders (come back to the word), if nothing “happens” (showing up is the practice), or if the word that stands out seems random (write it down anyway).

TUESDAYS · 6:30 AM · THE COMPASS

Together on Tuesdays

Tuesday's passage is prayed together. The pattern:

1. Settle in. Phones away. A minute of quiet.

2. Pray the passage together. Three different people read it aloud, slowly. After the first reading, each person says only the word or phrase they noticed. No explaining. After the second, each person says a sentence: where it touches their life. After the third, each person says what God might be inviting them to. No fixing, no debating. Just listening.

3. Someone who walked this way. A short true story about a person who knew this week's grace.

4. Talk about this week's grace. Three questions.

5. Share one word from your week, then pray for the person beside you.

Prevenient Grace

Week 1 · grace that goes before · November 8–14

WEEK 1 · SUNDAY, NOVEMBER 8

Prevenient grace

Prevenient is a strange word. It just means “comes before.”

Before you ever thought about God… before you went to church, before you prayed, before you cared… God was already moving toward you. Drawing you. Showing up in people who loved you, in moments that made you wonder, in a restlessness you couldn’t explain. You didn’t start this. God did.

That’s why the first thing this book asks of you isn’t to try hard. It’s to notice. Notice that God has been here the whole time.

“God has gone ahead of our knowing, seeking, and experiencing to make us capable of receiving revelation.” (Dan Boone, Prevenient Grace)

This week’s passages are all about God going first: telling Moses his name, walking in the garden calling “Where are you?”, drawing people with unfailing love, leaving ninety-nine sheep for one. Underneath all of them is one quiet question: Where has God already been going ahead of me?

THIS WEEK'S PRACTICE

Solitude

Same place, same time.

Pick one spot. Your bedroom floor, a chair by the window, the truck before school. Use it every day this week, at the same time if you can. That's it.

Why? Because we are surrounded by noise and people all day, and we almost never get alone with God. Jesus did this constantly. He'd slip away from the crowd to pray, and then come back. A set place and time takes the decision out of it. You don't have to win the argument with yourself every morning.

"Without solitude it is virtually impossible to live a spiritual life. Solitude begins with a time and place for God, and him alone." (Henri Nouwen, Making All Things New)

_____

The LORD passed in front of him and proclaimed:

"The LORD! The LORD!

a God who is compassionate and merciful,

very patient,

full of great loyalty and faithfulness,

showing great loyalty to a thousand generations,

forgiving every kind of sin and rebellion…

Exodus 34:6–7

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Read it out loud and lean on a different word each time.

Go Deeper · Read Exodus 32–34. God says this right after the people melted down their gold into a calf and worshiped it. The first thing God does after the worst day in Israel's history is tell Moses his name.

During that day's cool evening breeze, they heard the sound of the LORD God walking in the garden; and the man and his wife hid themselves from the LORD God in the middle of the garden's trees. The LORD God called to the man and said to him, "Where are you?"

Genesis 3:8–9

TUESDAY · TOGETHER

Group lectio

Way of praying this week: group lectio, the basic form. Three voices read Genesis 3:8–9. First round, one word each. Second round, one sentence. Third round, an invitation.

Someone who walked this way: Susanna Wesley
Susanna Wesley lived in Epworth, England, a little over 300 years ago. Her life was not calm. She gave birth to nineteen children, and nearly half of them died as babies. Money was always short. Her husband, a pastor, was jailed for debt. One night in 1709 the house burned down, and her five-year-old son John was pulled from an upstairs window just before the roof fell in. She had no quiet room and no free time. The story her children told later was that when she needed to pray, she pulled her apron up over her head, and everyone knew to leave her alone. The boy from the fire grew up to be John Wesley, who started the Methodist movement our church grew out of. Long before he cared, God was already at work: through a fire, in a mom praying under an apron, in a thousand ordinary days nobody wrote down. Who might be praying for you under their apron?

Talk about it
1. Looking back, where can you see God at work in your life before you were paying attention?
2. Who did God use to reach you before you knew it was God?
3. Dan Boone says God stands at every fork in the road, inviting us toward life. Where's a fork in your road right now?

Share one word from your week, then pray for the person beside you.

Go Deeper · Read Genesis 3. Adam and Eve hide after they eat the fruit. God already knows where they are. "Where are you?" is an invitation, not a search.

I have loved you with a love
that lasts forever.
And so with unfailing love,
I have drawn you to myself.

Jeremiah 31:3

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Rewrite the verse in your own words, then read the original again.

Go Deeper · Read Jeremiah 31:1–14. God says this to people in exile, far from home because of their own choices. The promise comes before they've fixed anything.

"Suppose someone among you had one hundred sheep and lost one of them. Wouldn't he leave the other ninety-nine in the pasture and search for the lost one until he finds it? And when he finds it, he is thrilled and places it on his shoulders. When he arrives home, he calls together his friends and neighbors, saying to them, 'Celebrate with me because I've found my lost sheep.' In the same way, I tell you, there will be more joy in heaven over one sinner who changes both heart and life than over ninety-nine righteous people who have no need to change their hearts and lives...

Luke 15:4–7

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Picture the scene. Where are you in it: the shepherd, the ninety-nine, or the one?

Go Deeper · Read all of Luke 15: a lost sheep, a lost coin, a lost son. Jesus tells these stories because religious people were complaining that he ate with sinners.

We have known and have believed the love that God has for us.
God is love, and those who remain in love remain in God and God remains in them. This is how love has been perfected in us, so that we can have confidence on the Judgment Day, because we are exactly the same as God is in this world. There is no fear in love, but perfect love drives out fear, because fear expects punishment. The person who is afraid has not been made perfect in love. We love because God first loved us.

1 John 4:16–19

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? It's a short verse. Read it ten times slowly. Notice which word gets heavier.
Go Deeper · Read 1 John 4:7–21. John was an old man writing to churches he loved. He keeps saying the same thing a dozen ways: love starts with God.

Notes & Prayers

Notes & Prayers

SATURDAY · NOVEMBER 14 · SABBATH

Catch up on a day you missed, or rest. Nothing to write. God rested too.

"Be still, and know
that I am God;
I will be exalted
among the nations,
I will be exalted in
the earth."

Psalm 46:10 (NIV)

Saving Grace

Week 2 · grace that brings us home · November 15–21

WEEK 2 · SUNDAY, NOVEMBER 15

Saving grace

Last week was about God going first. This week is about what happens when you say yes.

Saving grace is the moment (sometimes slow, sometimes sudden) when you stop running the show and receive what God has been offering. Forgiveness. A new start. Being brought home.

John Wesley, whose teaching our church grew out of, put it simply. “Wesley defined justification in one word: forgiveness.” (Randy Maddox, Responsible Grace)

Here’s what’s hard about it. We’re used to earning things. Grades, playing time, trust, money. So when something comes free, we don’t trust it, or we try to pay it back, or we feel like we have to clean up first. This week’s passages keep saying the same thing: you can’t earn this. You can only receive it.

And it doesn’t stop at forgiveness. “Wesley’s characteristic emphasis was that we are pardoned in order to participate.” (Maddox) God doesn’t just let you off the hook. God brings you into the family, and into the work.

THIS WEEK'S PRACTICE

Fasting

No phone before lectio.

Each morning this week, don't open your phone until you've done your lectio. No texts, no scrolling, no news. Use it only as a timer.

Fasting means going without something good so you can pay attention to something better. Most of us hand our first attention of the day to whoever is loudest on a screen. This week, give it to God first.

"Food does not sustain us; God sustains us." (Richard Foster, Celebration of Discipline)

If you miss a morning, don't quit. Start again tomorrow.

_____

You are saved by God's grace because of your faith. This salvation is God's gift. It's not something you possessed. It's not something you did that you can be proud of. Instead, we are God's accomplishment, created in Christ Jesus to do good things. God planned for these good things to be the way that we live our lives.

Ephesians 2:8–10

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Underline every word that's about God. Circle every word that's about you. What do you notice?

Go Deeper · Read Ephesians 2:1–10. Paul starts with how dead and stuck we were, then says "But God…" Everything turns on those two words.

When Jesus came to that spot, he looked up and said, “Zacchaeus, come down at once. I must stay in your home today.” So Zacchaeus came down at once, happy to welcome Jesus.
Everyone who saw this grumbled, saying, “He has gone to be the guest of a sinner.”
Zacchaeus stopped and said to the Lord, “Look, Lord, I give half of my possessions to the poor. And if I have cheated anyone, I repay them four times as much.”
Jesus said to him, “Today, salvation has come to this household because he too is a son of Abraham. The Human One came to seek and save the lost.”

Luke 19:5–10

TUESDAY · TOGETHER

Imaginative prayer

Way of praying this week: imaginative prayer. Ignatius of Loyola taught people to step into a Gospel story with their imagination. Someone reads the passage slowly while everyone closes their eyes and stands in the crowd. What do you see, hear, smell? Who are you in the scene? Read it again. Then Jesus looks at you. What does he say? Afterward, share one thing you noticed.

Someone who walked this way: Augustine, "Take up and read"
Augustine grew up in North Africa about 1,600 years ago. He was smart, ambitious, and restless. He partied, lived with a girlfriend for years, and had a son with her. His mother, Monica, prayed for him constantly. By his thirties he knew something was wrong, and he couldn't fix it. He wanted God, and he wanted his life his own way. He even prayed something like, "Give me self-control… but not yet." One day in a garden in Milan he was so wrecked he was crying. He heard a child's voice from next door chanting, "Take up and read. Take up and read." He picked up the letters of Paul and read the first thing his eyes landed on, two verses (Romans 13:13–14): "Dress yourself with the Lord Jesus Christ." Something broke open. He received what all his trying could never reach. "You have made us for yourself, Lord, and our hearts are restless until they rest in you." (Augustine, Confessions)

Talk about it
1. What's the difference between being forgiven and just being let off the hook?
2. Why is it hard to receive something you can't pay back?
3. Zacchaeus changed after Jesus came to his house, not before. Why does that order matter?

Share one word from your week, then pray for the person beside you.

Go Deeper · Read Luke 18:35–19:10. Just before Zacchaeus, a blind man begs on the same road into Jericho. Two outsiders, one street, both seen by Jesus.

While we were still weak, at the right moment, Christ died for ungodly people. It isn't often that someone will die for a righteous person, though maybe someone might dare to die for a good person. But God shows his love for us, because while we were still sinners Christ died for us.

Romans 5:6–8

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Notice the word "while." What was true about us while God was doing this?
Go Deeper · Read Romans 5:1–11. Paul is explaining to a church in the capital of the empire what God did in Jesus. Look for the word "peace."

But “when God our savior’s kindness and love appeared, he saved us because of his mercy, not because of righteous things we had done. He did it through the washing of new birth and the renewing by the Holy Spirit, which God poured out upon us generously through Jesus Christ our savior. So, since we have been made righteous by his grace, we can inherit the hope for eternal life.”

Titus 3:4–7

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

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RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Read it once as if it's about someone else. Then read it with your own name in it.

Go Deeper · Read Titus 3:1–8. Paul is coaching a young leader named Titus. He reminds him where everyone in the church came from before grace showed up.

This is why I tell you that her many sins have been forgiven; so she has shown great love. The one who is forgiven little loves little.”
Then Jesus said to her, “Your sins are forgiven.”
The other table guests began to say among themselves, “Who is this person that even forgives sins?”
Jesus said to the woman, “Your faith has saved you. Go in peace.”

Luke 7:47–50

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

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THIRD READING · INVITE

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RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Who is Jesus talking to, and who is he talking about? Read it from her side.

Go Deeper · Read Luke 7:36–50. A religious leader throws a dinner for Jesus, and a woman everyone knows about crashes it. She does what the host didn't. Jesus notices.

Notes & Prayers

Notes & Prayers

SATURDAY · NOVEMBER 21 · SABBATH

Catch up on a day you missed, or rest. Nothing to write.

"Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light."

Matthew 11:28–30

Sanctifying Grace

Week 3 · grace that makes us new · November 22–28

WEEK 3 · SUNDAY, NOVEMBER 22

Sanctifying grace

Sanctify means “to make holy.” And holy doesn’t mean stiff or fake-perfect. It means whole, set apart for God, more and more like Jesus.

Here’s the good news. God doesn’t forgive you and then leave you to figure out the rest. The same grace that found you and saved you keeps working in you, changing what you love, how you treat people, what you do with what you have. Slowly, mostly. Sometimes in a moment.

“Holiness is about the presence of something: love.” (Diane Leclerc, Discovering Christian Holiness)

Watch for three things this week: gratitude, generosity, and joy. They’re signs that grace is taking root. And notice that the Bible’s version of joy isn’t the same as being happy. Habakkuk sings with an empty barn. Paul learned to be content in prison. That kind of joy grows from gratitude, not from things going your way.

“It is not joy that makes us grateful; it is gratitude that makes us joyful.” (Brother David Steindl-Rast)

This is also Thanksgiving week. Good timing.

THIS WEEK'S PRACTICE

Generosity

Give something away you'd rather keep.

Sometime this week, give something away that you'd honestly rather keep. Time, money, a hoodie, your seat, credit for something, the last word. Don't announce it. Just do it, and notice what it does in you.

This isn't about earning anything. It's about loosening your grip. What we hold onto tightly ends up holding onto us.

"We practice generosity to free our hearts from empty loves." (John Mark Comer, Practicing the Way)

If the passages this week lead you to ask "What might God be calling me to give?", stay with that question.

_____

The Lord is the Spirit, and where the Lord's Spirit is, there is freedom. All of us are looking with unveiled faces at the glory of the Lord as if we were looking in a mirror. We are being transformed into that same image from one degree of glory to the next degree of glory. This comes from the Lord, who is the Spirit.

2 Corinthians 3:17–18

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Notice the verbs. What are we doing, and what is being done to us?

Go Deeper · Read Exodus 34:29–35, then 2 Corinthians 3:7–18. Moses' face glowed after being with God. Paul says that's now true for all of us, and it doesn't fade.

Though the fig tree doesn't bloom,
and there's no produce on the vine;
though the olive crop withers,
and the fields don't provide food;
though the sheep are cut off from the pen,
and there are no cattle in the stalls;
I will rejoice in the LORD.
I will rejoice in the God of my deliverance.
The LORD God is my strength.
He will set my feet like the deer.
He will let me walk upon the heights.

Habakkuk 3:17–19

TUESDAY · TOGETHER

The Examen of gratitude

Way of praying this week: the Examen. Ignatius also taught a simple prayer for looking back. Sit quietly. Ask God to show you the last week like a replay. Where were you thankful? Where did you feel close to God, or far away? What do you wish you could redo? Thank God for one thing, ask help for one thing. Then pray Habakkuk's words together.

Someone who walked this way: John Wesley
Remember the boy pulled out of the fire? John Wesley grew up and went to Oxford, and he took God very seriously. He and his friends prayed on a schedule, fasted twice a week, visited prisoners, and kept track of every hour of their day. Other students mocked them as "Methodists." All that effort left him anxious. He sailed to America as a missionary, and it went badly. In a terrifying storm he was afraid to die, while a group of German Christians on board calmly sang. Then on May 24, 1738, at a small meeting on Aldersgate Street in London, someone was reading aloud about the change God works in the heart through faith. Wesley wrote, "I felt my heart strangely warmed." He longed to be changed, free from sin's grip and not just its guilt. And he kept changing for more than fifty years. He lived simply and gave most of his money away. He wasn't perfect. But grace kept growing love in him for the rest of his life. Not a finish line. A lifetime.

Talk about it
1. If holiness is "the presence of love," what would that look like in your school hallway?
2. Where is God growing something in you slowly?
3. Can you be joyful and sad at the same time? What does Habakkuk think?

Share one word from your week, then pray for the person beside you.

Go Deeper · Read Habakkuk 1–3. The whole book is a prophet arguing with God about injustice. It starts with "How long?" and ends with this song.

One of them, when he saw that he had been healed, returned and praised God with a loud voice. He fell on his face at Jesus' feet and thanked him. He was a Samaritan. Jesus replied, "Weren't ten cleansed? Where are the other nine? No one returned to praise God except this foreigner?" Then Jesus said to him, "Get up and go. Your faith has healed you."

Luke 17:15–19

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Ten were healed. Read it asking: what made this one different?

Go Deeper · Read Luke 17:11–19. Ten men with a skin disease, cut off from everyone. All ten are healed. One comes back, and he's the outsider.

Give thanks to the LORD because he is good.
God's faithful love lasts forever!
Give thanks to the God of all gods—
God's faithful love lasts forever.
Give thanks to the Lord of all lords—
God's faithful love lasts forever.
Give thanks to the only one
who makes great wonders—
God's faithful love lasts forever.

Psalm 136:1–4

Be still · I set my timer for _____ minutes.

THANKSGIVING · AT THE TABLE

Read Psalm 136 out loud at dinner. One person reads each line; everyone answers, "God's faithful love lasts forever."

What is something you have that you didn't earn? Who or what is behind it?

THANKSGIVING · LOOKING BACK

Tell about a time something you're grateful for came out of something hard.

Who has given you something they'll probably never be thanked for? What did it cost them?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Start with one small true thing you're thankful for. Write it down. Then another.

Go Deeper · Read all of Psalm 136. Every single line ends the same way. It was written to be sung back and forth, like a chant.

I’m not saying this because I need anything, for I have learned how to be content in any circumstance. I know the experience of being in need and of having more than enough; I have learned the secret to being content in any and every circumstance, whether full or hungry or whether having plenty or being poor. I can endure all these things through the power of the one who gives me strength.

Philippians 4:11–13

Be still · I set my timer for _____ minutes.

FIRST READING · NOTICE

What word or phrase do you notice? There may be more than one.

Why do you think those words rise up in you right now?

SECOND READING · CONNECT

How do the words you noticed connect to each other, or to the rest of the passage?

Where do they touch your life today: a person, a place, a worry, a hope?

THIRD READING · INVITE

What might God be inviting you to, or out of?

What would saying yes look like today?

RESPOND · MY PRAYER

REST □ **I sat in silence.** **CARRY IT · one thing I'm taking into today:**

Stuck? Today is Black Friday. Read it and notice the word "secret." What is the secret?

Go Deeper · Read Matthew 6:19–34 and 1 Timothy 6:6–10. Paul wrote Philippians from prison. Most Bibles say "I can do all things." The CEB says "endure," which is closer to Paul's point: content with little or a lot.

Notes & Prayers

Notes & Prayers

Catch up, or rest. Nothing to write.

The LORD is my shepherd.
I lack nothing.
He lets me rest in grassy meadows;
he leads me to restful waters;
he keeps me alive.
He guides me in proper paths
for the sake of his good name.
Even when I walk through the darkest valley,
I fear no danger because you are with me.
Your rod and your staff—
they protect me.
You set a table for me
right in front of my enemies.
You bathe my head in oil;
my cup is so full it spills over!
Yes, goodness and faithful love
will pursue me all the days of my life,
and I will live in the LORD's house
as long as I live.

Psalm 23

AFTER THREE WEEKS

Into Advent

You did it. Or some of it. Either way, God was in it.

Sunday, November 29, is the first Sunday of Advent: four weeks of waiting for Jesus to come. Lectio is good practice for that. Slow down, listen, wait.

Keep going if you want to. Pick a short passage, any passage, and do the six steps. You know how now.

From his fullness we have all received grace upon grace.
John 1:16

Answered prayers

With thanks

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