

Be Formed

A 90-DAY
DISCIPLESHIP EXPERIENCE
FOR MEN AND WOMEN



SEASON 9
Life In Christ - Part 2



LECTIO DIVINA

LECTIO

The word, phrase, or image that stands out to me is...

MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to...

ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.