

“Nutritional Intake”

A Personal or Small Group Experience

There is no question in my mind that the “Word of God” is critical for the nutritional intake of my soul. I might know that and believe that but how do I experience that “nutritional intake” from God’s Word!.

One way I have experienced that “nutritional intake” in private as well as in a small group setting is through an age old spiritual practice called “lectio divina” latin for “Spiritual Reading”. This is a great group process and I encourage you to experience it.

If your group is more than 5 or 6 I would encourage you to split up into groups of 3 to 5 for more comfortable sharing in the exercise.

- 1) The leader opens with prayer asking God to still our hearts and be present by His Spirit. Leave a few minutes of silence to allow people time to focus and ask God to open their hearts by His Spirit.
- 2) Now the leader will read the passage the first time— **Hebrews 12:1-3**—slowly. In this first reading the participants can read along.
- 3) Now pray “ Lord what do you want me to hear from you today?” Encourage each participant to listen now with eyes closed to the passage being read 2 more times slowly, praying for God to speak to them and noticing what word or phrase or portion of the text catches their attention more. After the second reading then allow 1 minute of complete silence. After the silence have the groups turn together and each one share what word or phrase or image God impressed on them. Do not discuss it or tell why—just briefly mention it.
- 4) Now the reader will ask everyone to close their eyes and listen for two more readings—this time asking God as they listen, “ God, why this verse or this word for me this day? What are you saying to me Today?” After the second reading then allow 2 minutes of silence for listening and then turn in groups to share briefly what each one senses God is saying to the question, “Why this word for me this day?”!
- 5) Now do the same two readings followed by silence again with each person asking, “God, What are you giving me and how do you want me to respond in a tangible way?” After reading it twice and listening for two minutes then each person in the smaller groups takes a little more time sharing what God is saying and then at least one or two other people pray for each one after they share about what was revealed and as the Spirit prompts.

“A Summer to Thrive!”

“Connecting With God” Weekly Guide

This booklet is a resource to help you “Connect with God” this week. He deeply desires ongoing personal connection with you. You are that important to Him.

This Page has some scripture verses for you to meditate on each day this week. Notice the helpful hints section – these are great things to consider when personally engaging with God through His Word.

The Center Pages contain the notes and outline for the message given on Sunday. The message is also available as an audio download from www.pointofgracechurch.org

The Back Page has a study written specifically for a small group of people (or an individual) to drill down deeper into a particular aspect of the week’s theme. Small groups can review memorable points of the week’s message and then work through the study concluding with a time of prayer.

Scripture & Meditation Guide - June 6-11

Helpful Hints:

- 1) Find a quiet place along with 15-20 minutes!
- 2) Focus on God for a few moments asking His Spirit to speak to your heart!
- 3) Listen to Him by reading a section of scripture then rereading it several times, dwelling on “words and phrases” which grab your heart’s attention. Ask God, “What do You want me to hear?” “Why this word at this time?” “How are You inviting me to respond?”
- 4) Pray everything that is on your heart and mind as you are ready!
Worship Him, Bless Him, Thank Him, Ask Him, Trust Him

Monday: Psalm 119:9-16

Tuesday: Hebrews 12:1-3

Wednesday: Romans 12:1-5

Thursday: Psalm 95

Friday: Psalm 100

Saturday: Psalm 1