

## SPIRITUAL DISCIPLINES

Guidelines adapted from Spiritual Disciplines Handbook:  
Practices That Transform Us by Adele Ahlberg Calhoun

### DEVOTIONALLY READING SCRIPTURE (OR LECTIO DIVINA)

Purpose: To attend to scripture with an ear to hearing a word from God.

Lectio—read the word. Choose and read a scripture passage slowly and out loud, lingering over the words so that they resonate in your heart.

- x When a word or phrase catches your attention, don't keep reading. Stop and attend to what God is saying to you. Don't analyze it. Listen and wait.

Meditatio—meditate.

- x Read the scripture a second time out loud. Savor the words. Listen for any invitation that God is extending to you in this word. Reflect on the importance of the words that light up to you.

Oratio—respond, pray.

- x Read the scripture a third time. Now you can enter into a dialogue with God. What feelings has the text aroused in you? Name where you are resistant and want to push back. Become aware of where you feel invited into a deeper way of being with God. Talk to one another and to God about these feelings.

Contemplatio—contemplate, rest in the presence of God.

- x Allow some time for the word to sink into your soul. Yield or surrender yourself to God. How can you dwell on this word throughout the day?

“For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to the dividing soul and spirit, joints and marrows; it judges the thoughts and attitudes of the heart.”  
Hebrews 4: 12

### MEMORIZATION OF SCRIPTURE

Purpose: To carry the life-giving words of God in us at all times and in all places.

The practice includes:

- x memorizing Scripture, hymns, poems, quotes, etc.
- x rereading portions of scripture until they are committed to memory
- x memorizing scripture verses that clearly reveal God's plan of salvation
- x memorizing the books of the Bible, particular dates as well as where verses are found

## CONTEMPLATIVE PRAYER

Definition and purpose: Contemplative prayer is a way of being with God without wordiness. It is a response to God's invitation to "abide in Christ." It is a receptive posture of openness toward and listening to God.

The practice includes: allowing the mind to rest in the presence of God without the use of words or images.