

the
lectio
 course

Session 3

Meditate: Hearing the Holy Spirit in our thoughts

A note for leaders:

Welcome to session three of The Lectio Course.

Each session of the course is designed to take around an hour and features:

- A teaching video with Pete Greig and a special interview guest
- Discussion questions for groups
- A practical activity to do together

It can be tempting to linger on the questions or keep the discussion going, but we really recommend prioritising the practical activity; it will help you as a group to practise what's being explored in each video session.

You might find that there are more discussion questions than you have time for: if that's the case, choose the ones that feel most appropriate and helpful for your group context.

Hearing God is a concept that many Christians are familiar with, and others are brand new to. We recommend paying attention to the dynamic of your group and being aware of the varying levels of understanding and experience. Unfortunately, some people have negative experiences in this area too, and we recommend being sensitive and aware of this as you lead through the session.

We'd love to hear how you're finding the course: please do share your experiences with us at www.24-7prayer.com/contact



How to Hear God book chapters for this session:

Chapter 3 (Hearing God's word in prayer: Lectio Divina)

Chapter 5 (Hearing God's whisper)



Learning objective for this session

To understand the three keys to biblical meditation and how it can help us engage with God using our imagination.

1. Intro: set the scene

5 MINS

In this session, we'll explore the second step of Lectio Divina, moving from reading the text to **meditating** on it.

Intro questions

What comes to mind when you think about meditation? Do you feel positively or negatively about it?

Bible passage / verse

"May the words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer." – Psalm 19:14 (NIV)

2. Watch the video

15 MINS

Summary

- **For Christians, meditation isn't about emptying our minds, but filling them with biblical truth**
- **The three keys to meditation:**
 1. **Embrace interruption:** slow down and be patient
 2. **Exercise intuition:** explore the implications
 3. **Apply imagination:** adopt a mental playfulness

“Our mind, will, emotions and our body can also be ways of communicating with God and God communicates to us in those as well... Logic and emotions are not mutually exclusive, they live together.”

- Mara Klemich

3. Discussion questions

25 MINS

What did you find most helpful or most challenging in the video?

Pete says that meditation has nothing to do with emptying our minds but filling them with the beauty of biblical truth. How does your idea of meditation differ or align with Pete’s explanation?

When thinking about the three keys to meditation - embracing interruption, exercising intuition and applying imagination - which do you find easiest to focus on? Which feels the hardest?

Mara explained the vital role that both logic and imagination play together in our understanding of scripture. What practical step from Pete and Mara’s conversation will you apply next time you read the Bible?

Do you consider yourself more of a logical or imaginative person? Do you think this impacts the ways that you hear God?

How do we know when God is speaking and when it’s just us? How can we practise discernment when we’re praying imaginatively?

What one thing will you do differently because of this session?

4. Go Deeper

15 MINS

Practical prayer activity:

As a group, use the steps of Lectio Divina to reflect on the parable of the Lost Son.

This time, try to focus on engaging with the parable imaginatively. What do you see, hear, taste and smell? Imagine yourself in the scene as you read the passage.

Read: Luke 15:11-32

How to do the Lectio Divina as a group

1. Read (Lectio)

Read the passage out loud, reflecting on the passage as you read.

2. Meditate (Meditatio)

Read the passage again, and encourage each member of the group to say out loud one word or phrase that jumped out to them (the same word or phrase can be repeated by different people).

3. Pray (Oratio)

Read the passage again, and allow space for members of the group to pray out short prayers related to the themes, words or phrases of the passage.

4. Contemplate (Contemplatio)

Read the passage a final time, and sit quietly to reflect individually. Each member of the group might like to ask themselves the question, "what's the one thing from this passage I will take into my week?"

This week


Try using the three keys that Pete and Mara unpacked to explore hearing God as you read the Bible:

Interruption: Slow down as you read

Intuition: What captures your attention?

Imagination: Allow your mind to think creatively as you read.

Additional resources

 **Get the book**
How to Hear God

 **Download the Lectio 365 app**
www.24-7prayer.com/lectio365