

the
lectio
 course

Session 5

Contemplate: Hearing God in the whole world

A note for leaders:

Welcome to our final session 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 7 (Hearing God's whisper in community, creation and culture)

Chapter 8 (The Word, the whisper, and the way)



Learning objective for this session

To understand the importance of applying Lectio Divina to our lives

1. Intro: set the scene

5 MINS

In this session, we'll explore moving from meditation and conversation to **contemplation**, encountering God beyond the text in the whole of life.

Intro questions

Do you seek to encounter God in every part of your life? Do you place any conscious or unconscious restrictions on where you may encounter God?

Bible passage / verse

"The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else."
- Acts 17:24-25 (NIV)

2. Watch the video

15 MINS

Summary

- **Lectio sets us free: as we absorb God's word, we become God's word for a world that may never read the Bible**
- **The more we find God in His word, the more our eyes are primed to see Him in the world**
- **As we encounter God contemplatively it can become an intimate encounter, as sharing between friends**

“Contemplation is the form of prayer that helps us to hear God and see God in the whole of his creation.”

“We’ve realised afresh the invitation from the Lord Jesus Christ to hear His word in the Bible, to encounter Him day by day, walking with Him more nearly, loving Him more dearly and hearing Him more clearly as we pray.”

– Pete Greig

3. Discussion questions

25 MINS

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

What does the word “contemplation” make you think of? Does this match or differ from the content of this final session?

What would be different if you expected to encounter Jesus in every part of your life?

Pete shared the story of Kumbuka the gorilla – what ‘spiritual sugar rush’ traps can we fall into as Christians?

Pete says that the more we find God in His Word, the more our eyes are primed to see Him in the world. How does reading the Bible impact the way that you see the world?

Teresa of Avila describes contemplative prayer as “an intimate sharing between friends”. How could you foster this attitude in your prayer life?

What has been your biggest revelation or learning from The Lectio Course? What impact will it have on your daily life?

4. Go Deeper

15 MINS

Practical prayer activity:

Use the four steps of Lectio Divina to reflect on Jesus’ feeding of the five thousand.

Read: Matthew 14:13-21

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

Decide on one thing you’re going to do so that you can learn to hear God in your daily life. You might like to set a reminder on your phone, or write a note in your diary. It can be helpful to find someone who can encourage you by checking in and seeing how your commitment is going.

Additional resources

Get the book

How to Hear God

Download the Lectio 365 app

www.24-7prayer.com/lectio365