

# RIVERS CROSSING COMMUNITY CHURCH

Community Group Discussion Guide  
February 4, 2018



## It is Written – Week 4

### **BIBLE IN A YEAR READING (SPEND 10- 15 MINUTES HERE):**

**Spend a little time at the beginning of each week to talk through the “Bible in a Year” reading plan. Use this as a time to encourage, discuss, and apply what we’ve read together this week since our group last met. Give people an opportunity to share around these 3 general questions:**

1. What passage(s) did God use this week to help you grow?
2. What passage(s) did you have challenges with? Why?
3. What passage(s) did you not understand?

Encourage your group members to dive into study and research when they come across passages that they don’t agree with or don’t understand. There are some great resources online. Here are a few to share:

<http://blueletterbible.org/> - Tons of biblical study resources available

For the Love of God – Vol 1 & 2 – Daily reading commentary (attached to e-mail)

### **INTRO:**

Pastor Jeff introduced us to a common process of bible study and meditation called Lectio Divina.

Have anyone in your group ever done this practice before? When you heard about it, what sounded interesting and what sounded challenging?

We’re going to dive into this practice together in a slightly altered form to work well in a group.

### **DIVE IN:**

Lectio Divina – Step 1 – Prayer & Preparation

- Open your group with prayer. Ask God to settle your hearts and minds and open your spirit to engage God through this process.
- Be silent together for 1-2 minutes. Set a timer if you need to. Don’t rush through this even if it may seem awkward or uncomfortable.

Lectio Divina – Step 2 – Read Scripture

- Have someone read Psalm 40 out loud to the group. Be silent together for 1-2 minutes as you think about what you’ve read and heard.
- Have someone else read it out loud again.
- Spend some time as a group in conversation, working your way through the three sections below leaving equal time for each (5 minutes each):
  - Ask God to enable you to enter into the scripture with your mind to grasp the facts of the passage: the who, what, where, when, why, and how.

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- Ask God to enable you to enter into the scripture with your own senses: what would you have heard, what would you have tactilely felt, what would you have smelt, what would you have seen?
- Ask God to enable you to enter into the scripture with your emotions. Is there one particular character or verse that God is inviting you to identify? Is God inviting you to enter into the emotions of each person in the passage? What would that person have felt emotionally—happy, sad, confused, angry, joyful, contented, surprised?
- Be silent for 1-2 minutes to reflect and process.

## Lectio Divina – Step 3 – Meditate on the Word

- Have someone else Read Psalm 40 to the group out loud
- Pick out a word, idea, or phrase that strikes you in a personal way; something that might jump out to you—perhaps a particular metaphor; you don't have to finish reading the whole passage.
- Once you've found a word or phrase that catches your eye or moves your heart, slowly repeat it, linger over it, give it your attention. Ask your group members to think about, "Where does the content of this reading touch my life today?"
- Be silent for a few minutes for group members to be able to reflect on how the word or phrase connects to their lives.
- Meditation is the discipline we give to keeping the memory active in the act of reading. (things slip out of our minds so quickly)
  - Repetition is needed here
  - But not a mechanical mantra thing
  - Just keep remembering the phrase
- Invite the group members to state out loud to the rest of the group (or to just one other person), in just a few sentences, the connection between the word/phrase and their lives.
- Share briefly the story of why you stopped where you did (there is always a story!)
  - Do not elaborate too long!
  - You can always "pass"
- Be silent together for 1-2 minutes to reflect and process

## Lectio Divina – Step 4 – Pray

- Take any thoughts, feelings, actions, fears, convictions, and questions you have meditated on and offer them to the Lord in prayer.
- Spend 3-5 minutes praying silently through the thing(s) God has revealed
- Ask each group member to pray 1-2 sentences out loud to conclude this time.

## Lectio Divina – Step 5 – Contemplate

- Don't rush this process. Spend 2-3 minutes in silence as a group, reflecting on how this exercise has helped God's word become clear to you.
- Relax! Embrace the idea of being in God's presence together in silence. Let him speak and move.

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- Leader, close the group in a final prayer.

### NOW WHAT:

1. What part of this week's message has had the greatest impact on you? What truth(s) has God taught you through the message and our group discussion?
2. What do you need to do with that truth this week to become a fully engaged follower of Jesus?