

**LECTIO DIVINA** | Lectio Divina (Latin for “divine reading”) is a traditional monastic practice of scriptural reading, meditation, prayer, and contemplation. It is intended to promote communion with God and to increase the knowledge of God’s word. This way of praying or communicating with God through scripture enables us to hear God well. Focus on the words in the passage that stand out to you. Use this method for your prayer time, to journey on the path of the labyrinth, or to reflect on the goodness and promises of God.

### The Four Steps of Lectio Divina

1. **Read** | Quiet your thoughts, breathe deeply, and ask God to meet you in this time. Sit in silence for a few minutes. Read the scripture passage slowly and listen for any word(s) or phrase(s) that stand out to you and where God is calling your attention.
2. **Meditate** | Slowly read the passage again, reflecting on those words or phrases in context of the scripture. Use your imagination entering into the biblical scene in order to “see” the setting, the people, and the unfolding action. Discover what this means for your life. What sticks out? God is drawing your attention to this word or phrase. Repeat it and ponder in your heart.
3. **Pray** | Read the passage a third time, letting the words sink into your heart. Hear God speak to you. Personalize these words or phrases—What feelings arise? What struggle in your life comes to mind? Where do you want God’s help? What is God inviting you to do? Ask for grace, offer praise and thanksgiving, seek healing or forgiveness. Talk with God like you would your closest confidant.
4. **Contemplate** | Sit with God in quiet rest. Don’t focus on an action or doing; rather dwell on the Spirit’s presence in you. Be still and be with God.

#### ST. ANDREW METHODIST CHURCH

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ONLINE PRAYER REQUEST: [standrewmethodist.org/ministries/congregational-care/prayer-request](http://standrewmethodist.org/ministries/congregational-care/prayer-request)

24 HOUR PRAYER LINE: Call 214-291-8044 to leave a prayer request

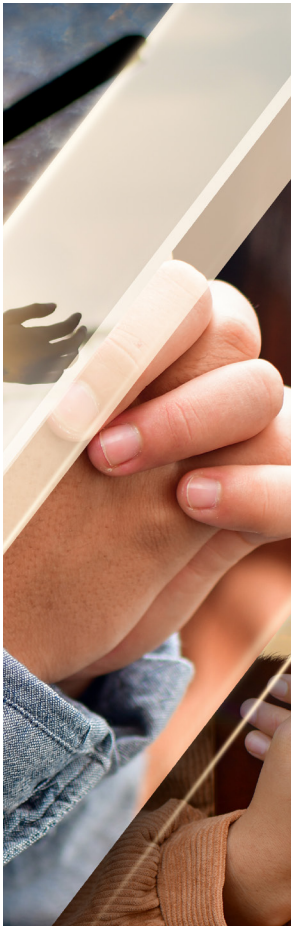
## Prayer Calendar

January 2025



ST. ANDREW





**HISTORY** | The labyrinth is an ancient symbol that can be traced back 3,500 years. In the Middle Ages, labyrinths were used as a way for people to participate in a pilgrimage without the expense or time required to travel afar. Labyrinths provide space for meditation and prayer and unlike a maze, which has dead ends, the labyrinth has a clear path in and out. It is a metaphor for life's journey, allowing us to commune with God as we walk with unexpected twists and turns — returning to the world with a better understanding of ourselves and of God.

**INSTRUCTIONS** | We are blessed to have our own Labyrinth located on the beautiful St. Andrew campus in the Good Shepherd Meditation Garden. We encourage you to use the scriptures listed this month to walk the labyrinth (or use the finger labyrinth provided).

- Begin by intentionally offering this time up to the Lord.
- Starting the walk, you might meditate on a Scripture passage listed (see section on Lectio Divina) or talk and listen to God about a particular topic or question. Others choose to repent on the way inward, telling God about their sins.
- Walk slowly to the center, release your emotions, and focus on the issue you want to cover. Pay attention to whatever comes to mind.
- Pray, rest, and reflect at the center. God longs to be the center of your life! Be open to peace, insight, wisdom, or guidance. What is the Holy Spirit saying to you?
- On your way out, no words are necessary. Just listen and BE. Think about what God is saying to you and take it back into your daily life.

Your walk can be healing, profound... or perhaps just a peaceful walk. Every time will be different. Enjoy!

**WEEK 1 | Isaiah 40:29, 31**

[God] gives strength to the weary and increases the power of the weak... those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

**WEEK 2 | Psalm 57:1-3**

Have mercy on me, O God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed. I cry out to God Most High, to God, who vindicates me. He sends from heaven and saves me, rebuking those who hotly pursue me; God sends forth his love and his faithfulness.

**WEEK 3 | Lamentations 3:22-26**

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.

**WEEK 4 | Psalm 51:1-2, 10, 12**

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. Create in me a pure heart, O God, and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**WEEK 5 | Philippians 4:4-7**

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

