



THE INTIMATE GOD

CHAPTER 5 EXERCISES

Engaging in Scripture

EXERCISE ONE

Stillness

Begin with the practice of stillness (spiritual breathing, being present to your heart, being present to the Lord.)

Prayer

Pray through the Lord's Prayer (Presence, Praise, Purpose, Provision, Pardon, Protection).

Scripture

Now ask the Holy Spirit to speak to you from His Word.

Today you will be reading from Psalm 3, which is a song/poem written by David at one of the lowest points of his life. His son Absalom had betrayed and humiliated him. David was fleeing for his life when he wrote this psalm.

Start reading **Psalm 3** slowly and prayerfully. If any word or phrase stands out to you or “shimmers” in your soul, stop there and take some time to reflect on that.

Ask the Lord, *“What are You saying to me in these words?”*

As time allows, continue reading the entire psalm in this way. Feel free to read through it a few times.

Take one of the thoughts or truths you felt God speaking to you and write it in a journal. Then express it in a prayer to God.

EXERCISE TWO

Stillness

Begin by practicing stillness.

Prayer

Pray through the Lord’s Prayer.

Scripture

Ask the Holy Spirit to speak to you from His Word. Today you will be reading a passage from the gospel of Luke that describes an encounter Jesus had with a man with leprosy. This is not a long passage, which gives opportunity to slow down in the text and let God speak to you from it.

Slowly read **Luke 5:12-16** three or four times.

What words, phrases, actions are standing out to you?

Now imagine yourself as the leper in the story. What are you feeling?

What is Jesus’ heart toward you?

Take a moment and pray into whatever God is speaking to you from this passage.

EXERCISE THREE

Stillness

Begin with a time of stillness.

Prayer

Pray through the Lord's Prayer, with your heart open to how the Lord is leading you in each area.

Scripture

Ask the Holy Spirit to speak to you from His Word.

Slowly and prayerfully begin reading **Matthew 7** from Jesus' Sermon on the Mount. Don't worry about getting through the entire chapter. Read until something "shimmers" or stands out to you. Stop at that point and spend time reflecting on that.

What is God saying to you?

Write it down. Then express that in a prayer to God.

RECOMMENDED RESOURCES FOR FURTHER EXPLORATION

Podcast with Tyler Staton discussing Lectio Divina

February 18, 2020

<https://pattern-podcast.blubrry.net/2020/02/18/lectio-divina-tyler-staton/>