



*The Way of*  
**Jesus**

SERMON ON THE MOUNT

FIRST UNITED METHODIST CHURCH WINTER PARK



## Week 1: Matthew 5:1-12

### DAY 1 - LECTIO DIVINA

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud - listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again - Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time.

- How does that passage apply to you today?

4. Journal your thoughts below:

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## Week 2: Matthew 5:1-12

### DAY 1 - LECTIO DIVINA

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## **Week 3: Matthew 5:13-16**

### **DAY 1 - LECTIO DIVINA**

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## Week 4: Matthew 5:17-20

### DAY 1 - LECTIO DIVINA

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## **Week 5: Matthew 5:21-37**

### **DAY 1 - LECTIO DIVINA**

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## **Week 6: Matthew 5:38-48**

### **DAY 1 - LECTIO DIVINA**

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud - listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again - Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## **Week 7: Matthew 6:1-4; 16-18**

### **DAY 1 - LECTIO DIVINA**

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## **Week 8: Matthew 6:5-15**

### **DAY 1 - LECTIO DIVINA**

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## **Week 9: Matthew 6:19-24**

### **DAY 1 - LECTIO DIVINA**

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## Week 10: Matthew 6:25-34

### DAY 1 - LECTIO DIVINA

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## **Week 11: Matthew 7:1-6**

### **DAY 1 - LECTIO DIVINA**

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## Week 12: Matthew 7:7-12

### DAY 1 - LECTIO DIVINA

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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## **Week 13: Matthew 7:21-29**

### **DAY 1 - LECTIO DIVINA**

Spend 10 minutes experiencing this week's scripture in Lectio Divina style.

1. Read the text aloud – listen for words or phrases that catch your attention. Make a note of them below.

2. Read the text aloud again – Reflect on the following:

- Did you feel any particular emotions?
- Has an image popped into your mind?

3. Read the text aloud for a final time

- How does that passage apply to you today?

4. Journal your thoughts below:

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