

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.

- 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:

Week 1: Matthew 5:1-12 DAY 2- REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 2: Matthew 5:1-12 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

Week 3: Matthew 5:13-16

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.

- 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:

Week 3: Matthew 5:13-16 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 4: Matthew 5:17-20 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 5: Matthew 5:21-37 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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:

Week 6: Matthew 5:38-48 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 7: Matthew 6:1-4; 16-18 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 8: Matthew 6:5-15 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 9: Matthew 6:19-24 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 10: Matthew 6:25-34 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 11: Matthew 7:1-6 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 12: Matthew 7:7-12 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

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.

- 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:

Week 13: Matthew 7:21-29 DAY 2 - REFLECTION

- What does the text tell us about God?
- What does the text tell us about us?
- What does the text tell us about our relationship with God?

