

JOURNEY TO FREEDOM



THE LIFE OF MOSES





Week 1: Exodus 1:18-2:10

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:

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

3. Read the text aloud for a final time.

- o How does that passage apply to you today?

4. Journal your thoughts below:



Week 2: Exodus 3:1-15

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:



Week 3: Exodus 12:1-13

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 4: Exodus 14:11-31

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 5: Exodus 17:1-7

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: Exodus 20:1-21

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 7: Numbers 21:4-9

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 8: Exodus 40:20-27

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 9: 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:



Week 10: Matthew 2:13-18

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:

To learn more about our current sermon series on the
Life of Moses, visit our website at
fumcwp.org/journey.



