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.

- 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: Exodus 1:18-2:10 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: 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.

- 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: Exodus 3:1-15 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 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.

- 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 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: 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.

- 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 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: 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.

- 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 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: 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 6: Exodus 20:1-21 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: 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.

- 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 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: 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.

- 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 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 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 9: 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 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.

- 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 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?

NOTES:

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



