

## WHAT HE SAID / WHAT HE DID

Lectio Divina: Week of July 4

*Find a place where you can sit comfortably and without distraction. Pay attention to your posture and your breathing. Breathe slowly and deeply. Quiet your mind, giving yourself grace when it wanders. Use the following to guide you through your time with the Lord today.*

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### Prayer of Invitation

I acknowledge God is with me and I ask Him to speak through the passage I'm about to read.

*God I know you are with me. Thank you for being here now. I pause to be still and to hear from you in this moment. Holy Spirit speak through the Word and fill my heart with the truth you want me to see, hear and live today.*

### Read

As I read the passage for today, slowly and out loud, I allow the words to sink deep into my heart and mind.

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!””  
Mark 1:35-37

[Pause]

### Reflect

As I prepare to read the passage out loud again, I pause to pray:

*Father, your Word is living and active and I know You speak through it to your people. Would You highlight a word or phrase You want to share uniquely with me today?*

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!””  
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As I sense God highlight a word or phrase for me, I repeat that word or phrase, several times, quietly in my mind.

[Pause]

### Rehearse

As I read the passage out loud one final time, I allow the passage and God's Word for me sink in, I ask him specifically what next step He's asking me to take today.

*Father, how do you want me to apply this to my life today? Is there something I need to release to you? Is there something I need to repent of and turn back towards You? Is there something You're calling me to step into today?*

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!””  
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I write a single sentence that reinforces how he's asking me to apply what I experienced to my life today.

[Pause]

As I prepare to take my time with the Lord into my day, I remember, Jesus who loves me says:

“Surely I am with you always, to the very end of the age.”

And I align myself with Jesus, praying the model he used when teaching the disciples, by praying the Lord's prayer:

*“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”*

*Amen*

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