

## USING LECTIO DIVINA TO SET YOUR NEW YEAR'S INTENTION

12/29/19 ~ St. Andrew's Church, Encinitas

We're going to do things a little differently this morning.

- Usually, at this time in the service, you listen to see how God has inspired me or Richard.
- Today we're going to create the space for you to see how God inspires you.
- The instructions are written out on the pieces of paper that were handed out, but let me tell you a little bit more about it before you begin that process.
  - You may have heard me talk about in the past, to talk about that instead of writing out setting New Year's resolutions for myself.
  - I set an intention for the year. The reason I do that is because I find that when I set New Year's resolutions such as:
    - exercise more often
    - eat healthier
    - spend less money
  - It's within a month that I feel like a complete failure because I haven't done any of them as successful as I had hoped to.
    - Instead I set an intention for the year and that word then becomes sort of the foundation for how I do everything for the year. I write that word in a place that I can see it, I refer to it, I pray about it so that whether I am at work, or at home with my friends, I am trying to embody that word in all that I do.
    - Sometimes it's an adverb, sometimes it's a noun, sometimes a verb.
    - One year it was "deeply", the next year it was "engaged", this last year it was "frivolity" because I had understood God's guidance to be that I needed more fun in my life.
- So let me walk you through this and if you are comfortable going ahead you can start.
- We'll take about 7-8 minutes to do this
  - you might only begin to touch on where you're going with this word for the year
  - you may be completed
  - or you may decide not to do it; whatever you do, let it be prayerful
  - I'll end the time with this bell

**INSTRUCTIONS: FOR USING LECTIO DIVINA TO SET YOUR NEW YEAR'S INTENTION**

*(You will not have to share this with anyone!)*

1. Re-read each of the readings, circling words or underlining phrases that jump out at you.
2. Choose one of the readings to study a little longer.
3. Re-read your chosen reading, circling more words or underlining phrases that jump out at you.
4. Continuing with that reading, ask yourself why this word or phrase might be speaking to you today, as you prepare to enter into 2020.
5. Reread your chosen reading one more time, and then ask, "What might God be calling to me to do or to change in 2020?".
6. Look back at your notes; pray about how to complete one of these sentences (*this word might not be in your notes or the readings...just let it bubble up*):
  - God's calling me to live more \_\_\_\_\_ly this year.
- OR
- God's calling me to live with more \_\_\_\_\_ this year.
7. There you go! You have set your intention for 2020. You might write your word on a stickie note, or take a photo of it on your phone...any place you might see it daily.

## **Psalm 147:13-21**

- 13 Worship the Lord, O Jerusalem; \*  
***praise your God, O Zion;***
- 14 For he has strengthened the bars of your gates; \*  
***he has blessed your children within you.***
- 15 He has established peace on your borders; \*  
***he satisfies you with the finest wheat.***
- 16 He sends out his command to the earth, \*  
***and his word runs very swiftly.***
- 17 He gives snow like wool; \*  
***he scatters hoarfrost like ashes.***
- 18 He scatters his hail like bread crumbs; \*  
***who can stand against his cold?***
- 19 He sends forth his word and melts them; \*  
***he blows with his wind, and the waters flow.***
- 20 He declares his word to Jacob, \*  
***his statutes and his judgments to Israel.***
- 21 He has not done so to any other nation; \*  
***to them he has not revealed his judgments.***  
***Hallelujah!***

## **Isaiah 61:10-62:3**

I will greatly rejoice in the Lord, my whole being shall exult in my God; for he has clothed me with the garments of salvation, he has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels. For as the earth brings forth its shoots, and as a garden causes what is sown in it to spring up, so the Lord God will cause righteousness and praise to spring up before all the nations. For Zion's sake I will not keep silent, and for Jerusalem's sake I will not rest, until her vindication shines out like the dawn, and her salvation like a burning torch. The nations shall see your vindication, and all the kings your glory; and you shall be called by a new name that the mouth of the Lord will give. You shall be a crown of beauty in the hand of the Lord, and a royal diadem in the hand of your God.

## **Galatians 3:23-25; 4:4-7**

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian.

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.

## **The Holy Gospel: John 1:1-18**

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light. The true light, which enlightens everyone, was coming into the world.

He was in the world, and the world came into being through him; yet the world did not know him. He came to what was his own, and his own people did not accept him. But to all who received him, who believed in his name, he gave power to become children of God, who were born, not of blood or of the will of the flesh or of the will of man, but of God.

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. (John testified to him and cried out, "This was he of whom I said, 'He who comes after me ranks ahead of me because he was before me.'") From his fullness we have all received, grace upon grace. The law indeed was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God. It is God the only Son, who is close to the Father's heart, who has made him known.