

## ***Rhythms of Grace***

### **“Listening with the ear of the heart” (Lectio Divina)**

Lectio Divina (holy or sacred reading) is an ancient way of reading Scripture. With Lectio we read not for information or to increase our knowledge, but to grow our relationship with God, for transformation and intimacy with God. It is not goal-oriented but a way of prayerfully savouring God’s presence. It involves several readings followed by reflection, on a small portion of text, and invites you to carry the Word in your heart during the day and to be nourished by it.

Here’s a simplified Lectio experience to enjoy:

Sit comfortably, relax and become still in God’s presence.

Breathe slowly and deeply.

Pray for openness and that you will hear and respond to God.

### **Matthew 11:28-30 (The Message)**

**“Are you tired? Worn out? Burned out on religion?**

**Come to me. Get away with me and you’ll recover your life.**

**I’ll show you how to take a real rest.**

**Walk with me and work with me—watch how I do it.**

**Learn the unforced rhythms of grace.**

**I won’t lay anything heavy or ill-fitting on you.**

**Keep company with me and you’ll learn to live freely and lightly.”**

1. **First reading: Listen** - notice the word or phrase that stands out for you and quietly repeat the word or phrase in your head.
2. **Second reading: Ponder** – how is God touching you with this word – savour the word and notice what feelings, images, emotions, memories, etc are evoked.
3. **Third reading: Pray** – listen for God’s invitations to you. Is there some response you need to make? Notice the promptings of the Spirit.

4. **Fourth reading: Rest** – holding the gift that you have received, allow the Word to sink into you. Become still and allow yourself to rest deeply in God.

Stay with and explore the words or phrases, insights and images that were significant for you by:

- Writing a poem or prayer
- Writing your thoughts and reflections in a notebook or journal
- Drawing a picture, using different shapes or colours to represent your insights, feelings, etc
- Using collage to represent what you are noticing - textures, colours, images, etc

How was your life touched through this prayerful reading? What did you notice?

What does the phrase “rhythms of grace” mean to you at this time in your life? What sorts of rhythms are important to you just now? What are some of the “unforced rhythms of grace” that God is inviting you into?

Prayerfully recall times when you have been surprised by grace - when grace touched or entered your life unexpectedly. How has that experience changed your life?

**But grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and forever! Amen.  
(2 Peter 3:18)**