

# Practice

## SESSION 03: ENCOUNTER WITH OUR ENEMY

Let's put this teaching into practice, so that what we're learning can take root in our lives.

For the last two sessions, we've been starting each day with a few minutes in silence before we touch our phones or rush out the door. We encourage you to continue this practice of beginning your day in quiet prayer, not only for the next two sessions, but for the rest of your life. As Dietrich Bonhoeffer once said, "We are silent in the early hours of each day, because God is supposed to have the first word, and we are silent before going to sleep, because to God also belongs the last word."

But this session, we want to invite you to go further in your practice of solitude. The goal of being alone with God in the silence is, ultimately, to hear God's voice over all the other voices in our head — especially from the three enemies of our soul. And the ultimate litmus test of the truth of God over the lies of the three enemies is found in Scripture. Which is why, in solitude, when Jesus was confronted with lies from the enemy, he calmly quoted Scripture to anchor himself in God's truth.



To that end, our exercise for this coming session is called *Lectio Divina*, which is a Latin phrase meaning “spiritual reading.” It’s an ancient way of reading Scripture slowly and prayerfully, listening for God’s voice over your life.

There are four simple movements.

- 01 **Read** a passage from Scripture very slowly and prayerfully, and pay special attention to any words, phrases, or thoughts that seem to stand out to you or touch you emotionally in any way. Look for what “shimmers.” You can pick any passage of Scripture, but we recommend you start with a psalm or a selection from the Gospels or a New Testament letter.
- 02 **Reflect.** Re-read the passage again, this time lingering over the words or phrases that feel highlighted to you, just turning them over slowly in your mind, thinking about what God may be saying to you.
- 03 **Respond** by praying those impressions back to God. Then to end,
- 04 **Rest** in God’s loving word to you. Let your whole body slow down and sink into God’s presence and peace.

You can do this exercise each morning after your breath prayer or on your Sabbath or anytime you like. But we recommend you practice it several times this coming week.



