



words matter

a sermon series

Bible Study and Practice

Lectio Divina is an ancient Christian practice of prayerfully reading Scripture to listen for God's voice, deepen your relationship with Him, and live out His Word.

The five traditional steps of Lectio Divina are:

1. **Lectio (Read).** Read a short passage of Scripture slowly and attentively, noticing any word or phrase that stands out.
2. **Meditatio (Reflect).** Reflect on the passage and consider what God may be saying to you through it.
3. **Oratio (Pray).** Respond to God in prayer, sharing your thoughts, feelings, gratitude, or requests.
4. **Contemplatio (Contemplate).** Rest quietly in God's presence, allowing His word to sink deeply into your heart.
5. **Actio (Live It Out).** Put what you have received into practice by living out God's message in your daily life.

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WEEK 1 | AUGUST 2

Read: James 1 in the style of Lectio Divina

Conversation Challenge: The goal is to never win an argument. Instead, seek to understand before trying to be understood. Ask more questions than you make statements. Ask one more question before giving an opinion.

WEEK 2 | AUGUST 9

Read: James 2 in the style of Lectio Divina

Conversation Challenge: Don't match another person's emotional intensity. Always pause before you respond. A brief pause keeps words from becoming destructive.

WEEK 3 | AUGUST 16

Read: James 3 in the style of Lectio Divina

Conversation Challenge: Always respond, never react. Your tone communicates as much as your vocabulary. A calm tone reflects wisdom rather than impulse.

WEEK 4 | AUGUST 23

Read: James 4 in the style of Lectio Divina

Conversation Challenge: Get curious instead of defensive. Ask, "Help me understand what brought you to that conclusion." Replacing assumptions with curiosity, which uncovers what's really driving disagreement.

WEEK 5 | AUGUST 30

Read: James 5 in the style of Lectio Divina

Conversation Challenge: Always leave people with dignity. Every conversation should end by honoring the other person. Being right is not what is important. Preserving the relationship should be the goal.