



# PWOC

*Protestant Women of the Chapel*

## **WORKSHOP: HEALTHY HOLY HABITS**

by Jennifer Wake

### **PARTICIPANT'S GUIDE**

**RELEVANCE:** Sometimes life is overwhelming. It helps when we are grounded in our relationship with God, one day at a time. But how can we develop holy habits without becoming overwhelmed? What are holy habits? How can we develop holy habits without becoming overwhelmed? Holy healthy habits are purposeful listening to God, purposeful talking to God and purposeful talking about God. This workshop explores the realm of "devotions" with a heaping dose of grace.

#### **I. PURPOSEFUL LISTENING TO GOD**

- ***Psalm 105:4 Seek the Lord and His strength; Seek His face continually.***
- **Let's look up how to do a "Quiet Time" in the Bible**
  - The ultimate goal is that we connect with God in a meaningful way that causes us to grow in our relationship with Him. Personal practices that encourage growth come in a wide variety.
  - *Brainstorm ways to spend time in God's Word:*
  - Lectio Divina- Latin for "Divine Reading"



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## II. PURPOSEFUL TALKING TO GOD

- **Prayer is a conversation with God.** We talk to God but we also must listen to God. If we are just presenting prayer requests and never listening, we will miss some insight from God. We need to share our heart with God. If we are only praying for the needs of others but never sharing our honest feelings, we are missing out on connecting with God.
- **I Kings 19:12, Psalm 59:17**

### *SOME EXAMPLES OF DIFFERENT WAYS TO PRAY:*

- **Tea light-** Light a tea light and sit in front of it letting the warmth of it represent the warmth of God's presence. Stay for just a few minutes or linger a little longer if you have the time. You may want to use this time to meditate on a Bible verse that is meaningful to you.
- **Prayer guide-** use a guide/method like ACTS (Adoration Confession Thanksgiving Confession)
- **Facebook-** Note prayer requests. Pay attention to requests or people in the Newsfeed that are rarely there.
- **Multitask-** Pray while folding laundry- praying over each article of clothing. Pray while cooking- praying that God would feed their spirits...
- **Focus-** Different visual objects help us focus during prayer.
- **Location-** Pray in a location that you enjoy. You may want to reserve a certain location for prayer only- i.e. I only sit in this chair when I'm praying- which may help you get in the right frame of mind more easily.
- **What works for you?**



### III. PURPOSEFUL TALKING ABOUT GOD

- **Prayer Groups**- sharing requests *and* answers to prayers
- **PWOC Devotion**
- **Sharing your Testimony**
- **Psalm 22:30**
- ***How else can we talk about God?***

**APPLY IT TO LIFE:** *What is God speaking to your heart? What would you like to say to Him? Take a few minutes to be still in His presence.*



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# LECTIO DIVINA

## The Four Parts of Lectio Divina

1. Reading (*Lectio*)
2. Meditating (*Meditatio*)
3. Praying (*Oratio*)
4. Contemplating (*Contemplatio*)

## Before You Begin:

- Lectio Divina is one of the easiest things to understand in concept and one of the hardest things to put into practice because so many things distract us and fill our minds when we try to do it! Remember not to beat yourself up if this happens. Some days are better than others.
- Posture:
  - Find a place free of distractions- you may need to get up early or wait until others go to bed
  - Dim the lights; you may choose to light a candle
  - Sit upright, Place your hands in your lap, palms up
- Guidelines on time when beginning:

*Note that time for this practice can range from only a few minutes to times of contemplation throughout the entire day. Below is the traditional timeframe which can be shortened or lengthened, depending on your day, your temperament and the season of life you find yourself in.*

  - Reading: 10 minutes
  - Meditating: 10 minutes
  - Praying: 5 minutes
  - Contemplating: 5 minutes
- Choose a passage that is a few lines long
- Resist the temptation to move from meditation into prayer before it is time

## READING:

- Read slowly
- Read repeatedly
- Read out loud
- Read silently
- Focus on words and phrases

## MEDITATING:

- Meditate on the word or phrase that stood out the most
- What is it causing me to feel? What is it causing me to think?
- What does that phrase mean?
- In what ways do I experience that word or phrase in life?



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**PRAYING**

- Ask God:
  - “Why did You give me this word today?”
  - “What do You want me to do with what You gave me today?”
  - “Why did I feel this when I meditated on it?”
- Listen for Him to respond

**CONTEMPLATING**

- “Be still and know that I am God.” Psalm 46:10
- Contemplation is an act of letting go
- It is an inner quietness, stillness
- It is a time of quieting our bodies and minds for one purpose- resting in God’s love
- It is difficult to do

**Transitioning out:**

- We often need something to help transition us out of this intimate time with the Lord. Sometimes saying the Lord’s Prayer or the Nicene Creed can facilitate this.

**Nicene Creed** (4<sup>th</sup> Century)

- We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.
- We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.
- We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen



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