

TOOL: Praying with Lectio 365

Prayerful reflection three times a day • Daily



Introduction

Inspired by Lectio Divina, which is a way of meditating on the Bible, Lectio 365 is a daily devotional resource that helps you pray and connect with God each day. The content is available in written and audio format, and you can download it in advance or revisit it after.

The **morning prayer** helps you “PRAY” = Pause and be still, Rejoice with a psalm, Ask for God’s help, and Yield to his will in your life.

The **night time prayer** will walk you through reflecting, rejoicing, repenting, and resting every evening.

Practice

Download the app, Lectio 365.

- As you wake up, listen to the morning devotional.
- In the middle of the day, reflect on the morning devotional:
 - What was the scripture?
 - Was there a thought that stuck with you?
- In the evening, listen to the evening devotional.

Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?