

Living in the Light Growth Guide





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GETTING STARTED

Your growth guide is meant to be used during our 10-week Living in the Light series. This is a group-based, Jesus-centered discipleship experience. Together, groups will explore the ways Jesus connected with God and others by reading the Gospel of John, discovering practices that will center us in the Jesus way and learning how to apprentice with Jesus in everyday life.

WHAT HAPPENS IN A WEEKLY LIVING IN THE LIGHT SESSION?

Every session will include a weekly Bible Reading & Spiritual Practice Exploration to do individually, and Discussion Questions to go over in your group. The Bible Reading helps participants immerse themselves in the words and ways of Jesus. The Practice Exploration provides participants with tangible ways to connect with God, themselves, and others. The Discussion Questions create space for participants to unpack what Jesus is inviting them into through the Bible reading and practices.



THE GOSPEL OF JOHN

Read the following for context on the Gospel of John

John's Gospel, one of the four accounts of Jesus' life, death, and resurrection found in the New Testament of the Bible, is quite unique when compared to its counterparts. Whereas Matthew and Luke begin with Jesus' birth, and Mark with his adult life and public ministry, John locates Jesus as from "In the beginning..." (John 1:1 and following). From this starting point, the Gospel of John employs a variety of conversations, signs, and discourses all designed to help the hearer, or reader, arrive at the following destination: "...written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that by believing in him you will have life by the power of his name." (John 20:31).

JESUS THE CONVERSATIONALIST

Conversation between Jesus and those he engages is a key feature in the Gospel of John. During those exchanges, Jesus' identity is regularly brought to the forefront, while those he engages are offered a moment of reflection, an invitation to consider their identity in light of him and his message; an invitation to "come and see".

SIGNS OF THE MESSIAH

John also utilizes seven signs to clearly reveal Jesus as The Messiah, the hoped-for liberator of the Jewish people (John 2:1-11, 4:46-54, 5:1-15, 6:5-14, 6:15-24, 9:1-7, 11:1-45). This is significant because John's first hearers were Jewish followers of Jesus who were encountering growing opposition due to their belief in and allegiance to Jesus as Messiah, even to the point of being expelled from their synagogues, the faith communities that they had belonged to and shared much life with. This aspect of John's Gospel, the revealing of Jesus as Messiah, is also significant for all of humanity because longing for liberation and the world to be set right are not just the longings of some, but the longings of the entire world.

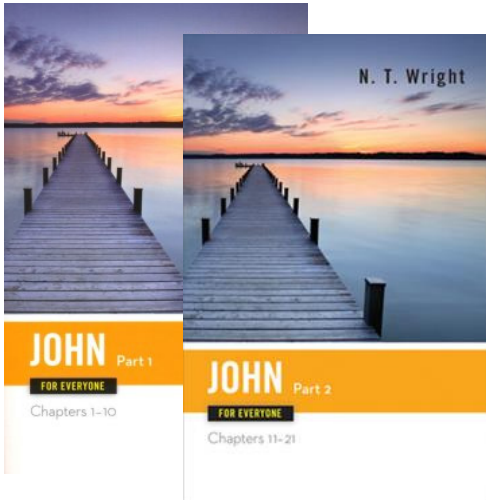
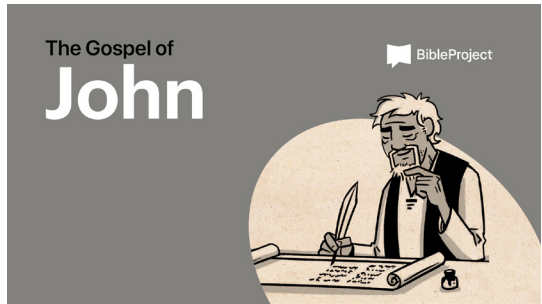
"I AM..."

In addition to the signs that John uses to present Jesus as Messiah, the Gospel writer also includes seven "I am" statements that are reminiscent of God's communication with Moses in Exodus 3:14 ("I Am Who I Am") and that further identify Jesus as Messiah. These seven statements can be found in John 6:35, 8:12, 10:7, 10:11, 11:25, 14:6, & 15:1.

RECOMMENDED RESOURCES

As you prepare to apprentice with Jesus while reading through John's Gospel, here are a few recommended resources that you may want to utilize.

The Bible Project
Book Overview for John
[bibleproject.com/explore/
video/john-1-12](https://bibleproject.com/explore/video/john-1-12)



John For Everyone
N.T. Wright
*Parts 1 & 2 available at
online book retailers*

SESSION 01



BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it as your own pace.

You could read a few verses a day, a chapter per day, or read the whole section of scripture every day. Pay attention to what the text says about Jesus, his identity and any other characteristics about him.

THIS WEEK'S READING: JOHN 1-2

John chapter 1 serves as an introduction to the Gospel. The way it is written is different than any other gospel beginning. It does not include the birth narrative or a genealogy, but a theology. In his introduction, John refers to Jesus as the "Word" and he makes it clear that the stories you are about to read are about Jesus, who is God.

He traces the origin of Jesus all the way back to creation when he writes, "In the beginning, the Word existed." John also makes it clear that Jesus is God when he writes, "The Word was with God, and the

Word was God." John's gospel includes stories that are not in the other 3 Gospels (called the Synoptic Gospels). The Wedding at Cana in John chapter 2 is one such story. Look for the way people respond to Jesus as you read John's Gospel. This Gospel includes unique conversations and a special insight into Jesus' relationships with the Father and people. John also tells stories you might have heard before in a different order than the other Gospels.

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

PRACTICE: LECTIO DIVINA

Do this practice on your own throughout the week.

Lectio Divina is an ancient spiritual practice focused on prayerfully engaging the Biblical text and encountering Jesus, the Living Word, through it. The term is derived from the Latin words "lectio" (reading) and "divina" (divine).

PRACTICING LECTIO DIVINA

FIRST READING

Slowly read the passage of Scripture that you have selected (within John 1-2). As you do so, pay attention to any word, phrase, or idea that catches your attention. Then, pause for a moment, keeping that word, phrase, or idea in view.

SECOND READING

Read the passage again, slowly, and then pause to sit with the word, phrase, or idea that captured your attention. What thoughts come to mind as you meditate on the word, phrase, or idea? What are you reminded of in your life? What does it make you hope for? What might God be inviting you into through that word, phrase, or idea?

THIRD READING

Read the passage once more, and begin to converse with God about it. Tell God what word, phrase, or idea captured your attention and what came to mind as you meditated upon it. Listen for how God might be using the word, phrase, or idea to bless and transform you. Tell God what you have been thinking and feeling as you've listened and meditated.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

If this is the first time you are getting to know each other, take time to introduce yourselves and go around sharing your story and what your faith journey has been like up to this point.

If your group is already familiar with one another, take time to discuss the following question:

What are you hoping to gain from this experience?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.

A photograph of two men sitting at a table in a bright, modern interior. The man on the right is looking towards the man on the left, who is seen from the back. The background is a large window with a bokeh effect of light. The text 'SESSION 02' is centered in the upper half of the image.

SESSION 02

BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it as your own pace. You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 3-4

John chapter 3 contains one of the most famous things Jesus says. He has an unlikely late-night guest when Nicodemus, a religious leader, comes to see Jesus, asking him about what it is he came to teach. Jesus responds with a conversation many followers of Jesus have come back to over and over again to understand the reason Jesus came. He came to give life - a new life, like a rebirth. He came not to condemn, but to offer a new way to be human. John 4 follows with another unlikely encounter with a Samaritan woman with a reputation. This unexpected woman is the first person Jesus clearly states his identity to - that he is the Messiah. Notice how people respond to Jesus in these encounters.

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

PRACTICE: DAILY RHYTHM

Do this practice on your own throughout the week.

A simple practice for connecting with Jesus, yourself, and others throughout the day.

PRACTICING DAILY RHYTHM

MORNING + MIDDAY + EVENING PRAYER

The world is made of words. Even small, repeated words have power. Regular, carefully placed prayer is one of the keystone habits of spiritual formation and is the beginning of building the treillis of habit. By framing our day in the words of prayer, we frame the day in love.

SCRIPTURE BEFORE SCREENS

Refusing to check your phone or computer until after reading a passage of Scripture is a way of replacing the question, "What do I need to do today?" with a better one: "Who am I and who am I becoming?" Daily immersion in the Scriptures resists the anxiety of emails, the anger of news, and the envy of social media. Instead, it forms us daily in our true identity as the beloved children of God.

NO WAITING ON THE PHONE

We are made for presence, but so often our phones are the cause of our absense. To be two places at a time is to be no place at all.

Choosing to be present with ourselves, others, and God's good creation is an act of love.

MEANINGFUL CONNECTION WITH OTHERS

The habit of connecting with someone during a shared meal, coffee, or conversation each day helps us orient our schedules and lives toward a posture of hospitality - which Jesus regularly embodies and extends to us in every moment.

Adapted from The Common Rule: Habits of Purpose For an Age of Distraction

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 1-2 last week and practiced the Daily Rhythm?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.

A warm, rustic bakery scene. In the foreground, a wooden counter holds several wicker baskets filled with fresh breads and pastries. One large basket is filled with round loaves, while another contains golden-brown croissants. A tray of braided pastries sits in the center. In the background, a white tiled wall features a window with horizontal blinds, through which soft light filters. Two dark, dome-shaped pendant lamps hang from the ceiling, casting a warm glow. The overall atmosphere is cozy and inviting.

SESSION 03

BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it as your own pace. You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 5-6

All throughout John's Gospel, Jesus makes "I am" statements. He points out things about his nature and connects himself to the God of Abraham, who called himself I Am. In John chapter 6, Jesus says, "I am the bread of life." This statement comes after Jesus heals a man, performs a miracle with bread, and walks on water. The moment is full of tension. Notice how Jesus speaks to the people and how they respond to his claims and commands. What is Jesus actually saying?

What does he want from those who follow him?

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

PRACTICE: EXAMEN PRAYER

Do this practice on your own throughout the week.

This prayer practice was developed by Ignatius of Loyola (1491-1556) and is focused on being attentive to and interacting with God's loving presence in the midst of daily life. Followers of Jesus might pray this prayer at the end of a day or at a time of transition. Go through all sections of this prayer one at a time. Take your time to be still and slow your mind as you do this prayer.

LIGHT

The Examen is a way to create space in which to carry on a conversation with God. Begin by asking the One who "is pure light, undimmed by darkness of any kind" (1 John 1:5) to grant you the ability to clearly see, hear, understand, and respond to His loving presence.

THANKS

As moments of grace come to mind, give thanks for the good that has come to you today through God's generosity. As Ignatius said, "I will ponder with great affection how much God has done for me, and how much He has given me of what He possesses, and finally, how much ... the same Lord desires to give Himself to me."

REVIEW

Watch the day play back before you as if you were watching a film. When did you feel you were cooperating most fully with God? When were you resisting?

RESPOND

After reviewing, take time to converse with God, expressing your thoughts on the actions, attitudes, feelings, and interactions you saw. You may want to seek forgiveness, ask for direction, express gratitude, or resolve to make a change and move forward.

NEXT

Look toward tomorrow. Ask God to be present in your thoughts, actions, and relationships.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 3-4 last week and practiced the Prayer of Exemen?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.

A woman with long dark hair, wearing an orange long-sleeved top and a dark patterned skirt, is sitting on the edge of a large, textured rock formation. She is looking out over a vast, deep canyon with layered rock walls, illuminated by the warm, golden light of a sunset. The sky is a soft, hazy orange. The overall mood is contemplative and serene.

SESSION 04

BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it as your own pace.

You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 7-8

The conversation about who Jesus is and what he came to do continues in these chapters. Jesus compares himself to living water again in this chapter (he did this before in chapter 4 with the woman at the well). He also makes the next "I am" statement when he calls himself the "light of the world." The story is starting to gain some tension as people start to notice the claims of connection Jesus is making to the God of Abraham. These stories are set within an important Jewish festival, and the attention Jesus is getting from these interactions is not all good. The most shocking claim Jesus makes to a Jewish thinker is found in John 8:58.

What might Jesus be trying to communicate to those who follow (and those who oppose) him in these chapters?

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

PRACTICE: COMMUNION

Do this practice on your own this week.

Just before his sacrificial death, Jesus shared a meal (commonly referred to as the Last Supper) with his disciples (Matthew 26:17, Mark 14:12-26, Luke 22:7-39). During their time at the table, the following took place:

He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this in remembrance of me." After supper he took another cup of wine and said, "This cup is the new covenant between God and his people - an agreement confirmed with my blood, which is poured out as a sacrifice for you. (Luke 22:19-20)

Communion is a practice that emerges from this scene and helps us remember Jesus' sacrificial death and resurrection. Jesus' great act of love roots us in a reconciled and never-ending relationship with God, the one who loves us completely.

It is also a practice that we are invited to participate in regularly, for Jesus says, "Do this in remembrance of me." While we participate in communion as part of our gathering together with the church, we are also free to participate and remember in the midst of daily life.

So as we find ourselves around tables - at home, at school, at work, at the cafes and restaurants we frequent, or anywhere else - gather something to eat (bread, cookie, cracker, etc.) and something to drink (whatever you prefer). As you eat and drink, remember this: The body of Christ has been given, broken for you and the entire world. The blood of Christ has been poured out, shed for you and the entire world.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 5-6 last week and practiced Communion?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.



SESSION 05

BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it as your own pace. You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 9-10

John chapter 9 contains an important story and a metaphor Jesus uses to teach about who has access to God. John will often use visual language or point out those who can and cannot see the Kingdom.

Chapter 10 holds the next two "I am" statements. Jesus paints a picture of some sheep who are led by a hired hand, and another group led by a Good Shepherd. He calls himself "the door" or "the gate". Then Jesus says, "I am the Good Shepherd." He actually calls himself this twice. Jesus offers an important warning in this conversation about the motivation of the hired hand, or the enemy, and the motivation of the Good Shepherd, or himself, John chapter 10 gives us a clue into what Jesus wants for us. What do you think this is?

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

SPIRITUAL PRACTICE

Choose a practice to do on your own this week.

Now that you've explored the four core practices, which one has helped you experience the loving union with God during this current season of life?

Journal your thoughts as you reflect on this. Share which practice you'll lean into during the coming days with your group.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 7-8 last week and practiced Communion?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.

A close-up, artistic photograph of a person's face, focusing on the eye and eyebrow. The person's eye is partially closed, and their dark, thick eyelashes are prominent. The skin is a warm, light brown tone. A white, textured fabric, possibly a towel or sheet, is draped across the bottom of the frame, partially covering the lower part of the face. The text "SESSION 06" is overlaid in the center of the image in a white, serif font.

SESSION 06

BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it at your own pace.

You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 11-12

These chapters relay a fairly detailed pair of stories about Jesus and some friends of his who lived in Bethany. See if you can notice the "I am" statement that is found in John chapter 11. This shocking story is only found in John's Gospel, and is one that gives us great insight into the emotions and prayer life of Jesus. John 12 kicks off what is often referred to as Jesus' Passion Week as the events that will lead to his arrest and crucifixion begin in earnest in this chapter. In every other Gospel, the next thing we would read about is the Last Supper, but in John, we will get an insight into the way Jesus interacted with his disciples and the Father in a very special way.

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

SPIRITUAL PRACTICE

Choose a practice to do on your own this week.

Choose one of the four core practices to participate in this week between Lectio Devina, Prayer of Examen, Daily Rhythm, and Communion. Share about your experience with this practice when you meet with your group this week.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 9-10 last week and engaged in your Spiritual Practice?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.



SESSION 07

BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it as your own pace. You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 13-14

John is the only Gospel that records Jesus washing his disciples' feet. Cleansing is a theme in John, you might notice as you read, but his focus seems to be on spiritual cleansing, not physical cleansing. In Jesus washing his disciples' feet, the connection between physical and spiritual are brought together. We see another "I am" statement in John 14 as well. The famous statement Jesus makes that he is "the way, the truth, and the life" is found in these chapters. John 14 and the coming chapters also give us the clearest insight into the trinity in the Gospels as we listen in on Jesus talking about the Father and the Spirit.

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

SPIRITUAL PRACTICE

Choose a practice to do on your own this week.

Choose one of the four core practices to participate in this week between Lectio Devina, Prayer of Examen, Daily Rhythm, and Communion. Share about your experience with this practice when you meet with your group this week.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 11-12 last week and engaged in your Spiritual Practice?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.

A top-down photograph of a green plastic scoop filled with dark, rich soil and white perlite particles. The scoop is positioned on a light grey, textured surface. In the bottom left corner, a pair of silver scissors is partially visible. The text "SESSION 08" is centered over the soil in the scoop.

SESSION 08

BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it at your own pace. You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 15-17

Some consider these chapters a recounting of the last words of Jesus to his disciples. John 15-16 contains a long discourse from Jesus about the nature of his connection with the Father and the Spirit and what that means for those who follow him. Consider how these words would be a great comfort to the disciples in the days to come. An entire chapter of Jesus praying follows in John 17. Notice how Jesus speaks directly to the Father and how he speaks about those who follow them, both then and today.

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

SPIRITUAL PRACTICE

Choose a practice to do on your own this week.

Choose one of the four core practices to participate in this week between Lectio Devina, Prayer of Examen, Daily Rhythm, and Communion. Share about your experience with this practice when you meet with your group this week.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 13-14 last week and engaged in your Spiritual Practice?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.

SESSION 09



BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it at your own pace. You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 18-19

The action changes drastically in John 18. The book turns toward the cross and resurrection. We see Jesus betrayed and arrested in these chapters. There were also two things Jesus predicted in John 13, and both happen in John 18. We are given an inside look at the conversations between Jesus and the High Priest, and Jesus and Pontius Pilate after Jesus is arrested. Pilate seems to struggle with the decision to crucify Jesus, but ultimately gives the people what they are demanding: Jesus' sentencing to death. As you read through Jesus' crucifixion, notice the exchange Jesus has with the "disciple he loved" - this statement seems to be how the author of the Gospel views himself. In John 19:39, someone unexpected shows up to help bury Jesus' body. (Hint: he was in John chapter 3.)

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

SPIRITUAL PRACTICE

Choose a practice to do on your own this week.

Choose one of the four core practices to participate in this week between Lectio Devina, Prayer of Examen, Daily Rhythm, and Communion. Share about your experience with this practice when you meet with your group this week.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 15-17 last week and engaged in your Spiritual Practice?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

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SESSION 10



BIBLE

Read the following scripture on your own this week.

Take time to let the Lord speak to you and read it as your own pace.

You could read a few verses a day, a chapter per day, or read the whole section of scripture every day.

THIS WEEK'S READING: JOHN 20-21

The final chapters of John focus on the resurrection of Jesus and what happened next. After the resurrection account, John shows how Jesus appears to a number of people and the varied ways they react. Jesus again promises peace and the Holy Spirit, and then the book seems to close. Like many of the stories we love, there is a very special epilogue at the end of the story. John chapter 21 includes an encounter between Jesus and seven of his disciples. Jesus reminds them of who he is, as well as who they are, in this intimate interaction. Notice the reason the author says this Gospel was written in John 20:30-31. It might be interesting to go back and read John chapter 1 after you finish chapter 21 to give yourself a full view of the heart and purpose of John's Gospel and how it relates to you and your journey of apprenticeship to Jesus.

What do you notice about Jesus as you read?

Take time to journal your thoughts and prayers throughout the week.

SPIRITUAL PRACTICE

Choose a practice to do on your own this week.

Journal about which practices have been most beneficial for you and which one(s) you plan on continuing to engage with in the days ahead.

Share your thoughts with your group this week and conclude your time together by partaking in Communion.

GROUP DISCUSSION

Go over these questions when you meet with your group this week.

What did you sense Jesus inviting you into as you read John 18-19 last week and engaged in your Spiritual Practice?

Discuss the Doing Life Together Questions found at this website:
ctk.church/northbay/livinginthelight

These questions will help you apply the information being discussed Sunday mornings to our personal lives.

Use the space below to journal any reflections or questions you have.

A scenic view of a vineyard at sunrise or sunset. The foreground shows rows of grapevines with green leaves and some small red grapes. The vines lead into the distance, creating a sense of depth. The background features rolling hills and a valley, all bathed in a warm, golden light from the low sun. The sky is a mix of yellow and orange, with some light clouds. The overall mood is peaceful and serene.

CORE PRACTICES

LECTIO DIVINA

Lectio Divina is an ancient spiritual practice focused on prayerfully engaging the Biblical text and encountering Jesus, the Living Word, through it. The term is derived from the Latin words "lectio" (reading) and "divina" (divine).

PRACTICING LECTIO DIVINA

FIRST READING

Slowly read the passage of Scripture that you have selected (within John 1-2). As you do so, pay attention to any word, phrase, or idea that catches your attention. Then, pause for a moment, keeping that word, phrase, or idea in view.

SECOND READING

Read the passage again, slowly, and then pause to sit with the word, phrase, or idea that captured your attention. What thoughts come to mind as you meditate on the word, phrase, or idea? What are you reminded of in your life? What does it make you hope for? What might God be inviting you into through that word, phrase, or idea?

THIRD READING

Read the passage once more, and begin to converse with God about it. Tell God what word, phrase, or idea captured your attention and what came to mind as you meditated upon it. Listen for how God might be using the word, phrase, or idea to bless and transform you. Tell God what you have been thinking and feeling as you've listened and meditated.

DAILY RHYTHM

A simple practice for connecting with Jesus, yourself, and others throughout the day.

PRACTICING DAILY RHYTHM

MORNING + MIDDAY + EVENING PRAYER

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MEANINGFUL CONNECTION WITH OTHERS

The habit of connecting with someone during a shared meal, coffee, or conversation each day helps us orient our schedules and lives toward a posture of hospitality - which Jesus regularly embodies and extends to us in every moment.

Adapted from *The Common Rule: Habits of Purpose For an Age of Distraction*

EXAMEN PRAYER

This prayer practice was developed by Ignatius of Loyola (1491-1556) and is focused on being attentive to and interacting with God's loving presence in the midst of daily life. Followers of Jesus might pray this prayer at the end of a day or at a time of transition. Go through all sections of this prayer one at a time. Take your time to be still and slow your mind as you do this prayer.

LIGHT

The Examen is a way to create space in which to carry on a conversation with God. Begin by asking the One who "is pure light, undimmed by darkness of any kind" (1 John 1:5) to grant you the ability to clearly see, hear, understand, and respond to His loving presence.

THANKS

As moments of grace come to mind, give thanks for the good that has come to you today through God's generosity. As Ignatius said, "I will ponder with great affection how much God has done for me, and how much He has given me of what He possesses, and finally, how much ... the same Lord desires to give Himself to me."

REVIEW

Watch the day play back before you as if you were watching a film. When did you feel you were cooperating most fully with God? When were you resisting?

RESPOND

After reviewing, take time to converse with God, expressing your thoughts on the actions, attitudes, feelings, and interactions you saw. You may want to seek forgiveness, ask for direction, express gratitude, or resolve to make a change and move forward.

NEXT

Look toward tomorrow. Ask God to be present in your thoughts, actions, and relationships.

JOURNAL

"I AM..."

Join us for a season of spiritual growth as we go through the Gospel of John and reflect on Jesus' story, what it means, and how it relates to us.

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