Practice: Hearing and Heeding the Word of God
Deuteronomy 8:1-10; 30:11-14

Our hope for you in this study is to:

- Personally encounter God through these study passages from the Scriptures.
- Establish a deeper relationship between you the reader and student and God as teacher.
- Develop a heart to heart honesty and intimacy with God.
- Lead you further into mediation, a kind of mediation that activates your readiness to obey.

Lectio-Reading
Lectio means to read in the presence of God. We do not read alone nor do we read only within our minds. This kind of reading calls us to read before God, with God while waiting on God. For a detailed description of Lectio, the spiritual practice used in the 2011 Lent Bible Studies, click here.

Realize that your encounter with Scripture is sacred time. Prepare this moment by closing off the daily distractions and enter a place where you can listen to the text with focus and attention. Read slowly and carefully a couple of times. It may be helpful to read the passages aloud to yourself at least once.

Read Deuteronomy 8:1-10; 30:11-14

Underline or write out some of the key words or phrases that speak to you.

Why is God concerned about commandments?

Why is the word of God essential in the life of God’s people?

Meditatio-reflection
Meditatio means to reflect on what arises during your time of reading. It calls for taking the ideas that come up to a place of reflecting on its meaning in our lives, our own and our life with others.

Explore further a word or a phrase that you underlined. Write out some reflections on why that might be ‘fitting’ for your life now...

Take some time meditating on the significance of Deuteronomy 8:3; you may wish to read Matthew 4:1-11 about Jesus’ temptation in the wilderness. Why is the Word of God more important than physical bread?
How does the key metaphor of manna/bread expand our understanding of our need for God’s Word and the blessings or benefits of God’s Word? How is God’s Word like or not like manna/bread?

**Oratio-response**

Oratio is a prayerful response to what occurs in our reading and reflection. This can be a prayer of adoration, thanksgiving to God or it could be in the form of a confession of weakness or sin. This prayerful response may be praying for others and their needs. Whatever God brings to mind is fine.

Write out a prayer for yourself or others that makes our need for God’s Word the focus of your request.

**Contemplatio-resting**

In contemplation we rest in what we have heard and learned. It is a few moments of simply resting in the presence of God as the ground and savior of life.

Take several moments and rest in the gift of God’s Word.

**Operatio-recommitment**

Operatio is our recommitment to act in ways that line up with what we have sensed through the movement of God’s Spirit during our reading, reflection, prayer and rest before God. It is good to write out what that might be but don’t press yourself to come up with something if God does not bring anything to do to mind.

What is the Word of God saying to you about change in your life to hear and heed the Word more fully?