30 Day Walk with Jesus

Day 1: **Luke 1:26-38**
Day 2: **Luke 2:1-20**
Day 3: **Luke 2:41-51**
Day 4: **Matthew 3:13-17**
Day 5: **Matthew 4:1-11**
Day 6: **John 1:35-51**
Day 7: **John 2:1-12**
Day 8: **Matthew 5:1-12**
Day 9: **Mark 6:30-44**
Day 10: **John 6:35-41**
Day 11: **Matthew 5:13-16**
Day 12: **John 9:1-41**
Day 13: **Luke 5:17-26**
Day 14: **John 11:1-44**
Day 15: **Mark 10:17-22**
Day 16: **Mark 12:28-34**
Day 17: **Matthew 16:13-19**
Day 18: **John 12:12-19**
Day 19: **Luke 22:1-6**
Day 20: **Matthew 26:17-29**
Day 21: **Luke 22:47-53**
Day 22: **Luke 22:54-62**
Day 23: **Matthew 27:11-26**
Day 24: **Luke 23:33-34**
Day 25: **Luke 23:39-43**
Day 26: **Luke 24:1-8**
Day 27: **Luke 24:13-35**
Day 28: **John 21:15-17**
Day 29: **Matthew 28:16-20**
Day 30: **Acts 2:1-13**

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The Four Steps of Lectio Divina

1) **Lectio**: For this first step, don't just skim, but **read through and linger on each sentence**. Maybe read it a few times, and try to notice different words or phrases as they jump out to you.

2) **Meditatio**: Next, slowly read the scripture again, and take a few minutes to sit and be in that moment. **Imagine you are in the story.** Who are you in the story? What does it look like? Can you hear anything? How are the people in the scene feeling? How do you feel when people speak or act? Pray through what you experience and let God speak to you. It's a lot more about listening than about talking, and about seeing what God wants to show you. The God of the universe want to speak personally to you right now! What is it like to experience Jesus' presence, words, or actions? How do you react? What goes on in your heart?

3) **Oratio**: Now – that prayer that's on your heart? It's time to pray it, to **turn it towards God and respond**. The emotions and thoughts that have come out of meditation move us into authentic prayer – conversation with God. Your prayer doesn't have to look any particular way. Share with God whatever is on your heart. If you're struggling to pray, tell God and ask for His help.

4) **Contemplatio**: Take a few closing minutes to sit with God. What did He show you? What did you say to Him? Perhaps **journal** in this time so that your thoughts don't get lost once you're back out in daily life. Specifically think about what actions your prayer has led you to—**make a commitment to act** on what God has spoken to your heart.

The Word of God is **LIVING and EFFECTIVE,** sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and **thoughts of the heart**…
Hebrews 4:12

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