



**REVIEW**

**WATCH** <https://youtu.be/XolhWkt0eNI>

**READ** John 13:1-20

**ASK:**

- **Think about the 3 “musts”:**
  - We must let God serving us in Christ
  - We must serve Jesus as our King, our Master
  - We must serve one another with the same radical servanthood as Jesus.
- **Which one are you experiencing the most right now?**
- **Which is the most challenging?**
- **How is Philippians 2:6-11 shaping your response to the circumstances in your life right now? How might it in the coming week?**

**PREVIEW** Next week we will look at how Jesus is the Light of the World. This is one of the 7 “I am” sayings of Jesus. This is a good one to use Lectio Visio on especially because of the imagery.

**READ**

Read a portion of **Mark 11, 12; Matt. 21-23** (Mark 1:1-11, perhaps) out loud (all but one person should keep their Bibles closed for now). **Read slowly.** Line by line if you can. **Read as if for the first time.**

**ASK**

- **What does it say?** (In a word, in a phrase)
- **What do you see?** (picture the scene, the people. What stands out?)
- **What happens next?** Guess! (say, “I wonder...”)
- **What do you hear?** (What word comes to mind after reading? Spend some time in silent prayer before answering. *Why do you think God included this here in the Story?*)
- **What do you want to do?** (as a result of what Jesus has done).

**PRAYING TOGETHER FOR THE VULNERABLE**

*“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.” –Micah 6:8*

As a church, we want to be intentional about acting justly, loving mercy, and walking humbly with our God. As a first step, The Protect Team will provide monthly prayer guides based on Psalm 147.

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| 7 He upholds the cause of the oppressed ( <b>Nov</b> ) | the Lord loves the righteous. ( <b>Apr</b> )         |
| and gives food to the hungry. ( <b>Dec</b> )           | 9 The Lord watches over the foreigner ( <b>May</b> ) |
| The Lord sets prisoners free, ( <b>Jan</b> )           | and sustains the fatherless                          |
| 8 the Lord gives sight to the blind, ( <b>Feb</b> )    | and the widow, ( <b>June</b> )                       |
| the Lord lifts up                                      | but he frustrates                                    |
| those who are bowed down, ( <b>Mar</b> )               | the ways of the wicked. ( <b>July</b> )              |

**“...the Lord lifts up those who are bowed down...” Psalm 147:8 (March)**

**THINK**

The phase "bowed down" refers to those who are weighted heavy with affliction. **Read** Psalm 107 (a great encouragement for those who are bowed down!). **Discuss** a few places where God helps those who are bowed down. What caused them to be bowed down? Then what did they do? What did God do in response?

Affliction may result in and present itself outwardly as depression. A few statistics to remind us that the "bowed down" are all around us:

- 12.7% of persons aged 12 and over took antidepressant medication during 2014-2016.[1]
- Among people ages 15 to 34, suicide is the second-leading cause of death. [2] (2016)

### **PRAY**

- Pray that God's church (local & global) would be a light of truth and a beacon of hope to those suffering. Pray that the Holy Spirit would give us sensitivity toward those who are bowed down, and that Jesus would use us to guide the hurting towards himself.

### **DO**

- When you ask someone how they are doing and their answer reveals a hint of "not as good as I could be" - take the time to show genuine interest and empathy. Perhaps ask questions, and listen. **Offer** to pray with them about what they share with you, and look forward with anticipation to seeing how God will work in their lives!
- Remember that God has shown, and continues to show, interest and empathy in our own struggles - and we are commanded to likewise bear one another's burdens (Gal 6:2).

[1] <https://www.cdc.gov/nchs/products/databriefs/db283.htm>

[2] [https://www.washingtonpost.com/news/to-your-health/wp/2018/06/07/u-s-suicide-rates-rise-sharply-across-the-country-new-report-shows/?noredirect=on&utm\\_term=.5b1c0505429c](https://www.washingtonpost.com/news/to-your-health/wp/2018/06/07/u-s-suicide-rates-rise-sharply-across-the-country-new-report-shows/?noredirect=on&utm_term=.5b1c0505429c)

# LECTIO VISIO

Christians believe in God's Word and take him at his Word. Yet 21st century Christians have a difficult time seeing God's Word the same way God's people have for centuries: **visually**. That's what this method of Scripture reading is designed to do: help you see the text.

## 3 INGREDIENTS

3 candles, or a 3 wick candle

1 Passage (preferably narrative, 5-10 verses)

12 or fewer people (Christians or non-Christians)

## 10 COMMANDMENTS OF LECTIO VISIO

1. No prep! (Lead by asking)
2. Pray simple prayers (tsp prayers: Thank you, Sorry, Please)
3. Shut your Bibles (yup, you read that correctly. Don't worry.)
4. Open your eyes (senses) and picture the scene. Try to get down in the dust of the story.
5. Direct the Film (you as the leader help the biblical scene come alive for those you're studying with)
6. No peeking ahead (1 verse at a time)
7. No rabbit trails (stick to what the text says, not "I feels")
8. Keep telling the story (instead of explaining, WONDER)
9. Keep silence
10. Lead by asking the 5Qs
11. Repeat #2 TSP.

## THE 5 QUESTIONS

1. What did it say?
2. What do you see?
3. What happens next? (Guess)
4. What do you hear? (Then/Now)
5. What do you want to do?

## A COUPLE EXTRA TIPS FOR LEADERS

**Mirror the group.** Repeat back what is said and direct them back to the story if things get off track.

**Lead Strong.** God is actually the one leading the discussion by his Word. Take courage. Have fun. Encourage a bit of playfulness.

**Take Notes Here (how did it go? what applications did people give that you can follow up on next week?)**