



REVIEW

WATCH <https://youtu.be/9g5gjEfgAd4>

READ John 6:25-35 (or if you want to do a larger study John 6:22-69)

ASK:

- **We also read Psalm 73:23-26 today. Do you find your life rooted in such a way that you can say with the psalmist: "my heart and flesh may fail, but God is the strength of my heart and my portion forever"?**
- **What appetites have changed since Christ, the Bread of Life, has come into your life?**
- **Do you feel as though grace allows you to be brutally honest with yourself and your sin and yet not despair?**
- **Are you being fed daily by Christ? (Prayer, his Word, Obeying what he says)**

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 John 8-9 (8:12-20, 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 (Nov) | the Lord loves the righteous. (Apr) |
| and gives food to the hungry. (Dec) | 9 The Lord watches over the foreigner (May) |
| The Lord sets prisoners free, (Jan) | and sustains the fatherless |
| 8 the Lord gives sight to the blind, (Feb) | and the widow, (June) |
| the Lord lifts up | but he frustrates |
| those who are bowed down, (Mar) | the ways of the wicked. (July) |

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

THINK

The phrase "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

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?)