



Individual Devotional
Study Guides
Week #5

Using the Devotional

Each week is designed to help you focus on the 7 final statements of Jesus on the cross. For seven weeks starting on February 12th, you will have a daily devotional and exercise that will take you through a variety of spiritual disciplines to help you grow spiritually. Here is what your week will look like:

Monday - Main devotional

Tuesday - Reading and
Listening. (Lectio Divina)

Wednesday - Question /
Reflection / Application.

Thursday - Devotional
Prayer guide.

Friday - Reading and
Listening. (Lectio Divina)

Saturday - Question /
Reflection / Application.

Sunday - Guided Journaling
and worship in community

What is Lectio Divina?

Lectio Divina is a way of studying and praying the Scriptures so that the Word of God may penetrate the heart and lead to acquiring God's perspective and love for the world. Through Lectio Divina, a person gradually let's go of their own agenda and becomes open to what God is communicating to them. Developed in the 12th century by Guigo, a Carthusian monk, Lectio Divina, a Latin term meaning "divine reading", consists of four steps.

The **first stage** is lectio (reading). One reads a passage in the Word of God in an unhurried manner several times to become familiar with it. Any text of Scripture may be used, but it should not be too long. (Bible reading plans

with a daily set of passages for a year, while worthwhile in themselves, work against this approach.)

In the **second stage**, meditatio (reflection), one ponders the text and thinks about how to apply it to one's life.

The **third stage**, oratio (response), involves responding to the Holy Spirit, inspired by one's reflection on God's Word. Here one speaks to God from the heart – acknowledging woundedness, asking for forgiveness, giving thanks, praising God, rejoicing, and so on.

During the **final stage**, contemplatio (rest), one rests in silence and solitude. It means listening to God by opening one's heart and soul, and letting go of one's own ideas, plans, and meditations.

Week 5: "Thirst" March 12-17

Monday – March 12

Thirst

Individual Reflection

Prayer of Preparation

Heavenly Father,

I offer you my life today. Help me to slow down and listen to You. Please speak into my very being whatever you want me to hear today and transform me more into your likeness from our time spent together. Help me to be obedient to follow through with whatever you ask of me.

Amen.

Statement from the Cross #5

Jesus said, "I am thirsty."-John 19:28

Thoughts of a Fellow Sojourner

There is no question that Jesus experienced extreme thirst while being crucified. Even through what he went endured before his crucifixion, he would have lost a substantial quantity of bodily fluid, both blood and sweat. Therefore, his statement, "I am thirsty" was, on the most basic level, a request for something to drink. In response, the soldiers gave him Jesus "sour wine" which was a cheap beverage common among lower class people in the time of Jesus. As he suffered, Jesus personified the pain of the people of Israel, that which had been captured in the Psalms 69:20-21. "Their insults have broken my heart, and I am in despair. If only one person would show some pity; if only one would turn and comfort me. But instead, they give me poison for food; they offer me sour wine for my thirst." Jesus was suffering for the sin of Israel, even as he was taking upon himself the sin of the world.

As I reflect on Jesus' statement, "I am thirsty," I keep thinking of my own thirst. It's not like the physical thirst of Jesus. Rather, I am thirsty for him. I think of his conversation with the woman at the well in John 4 and I realize that my soul yearns for the living water of Jesus. While it pains my heart deeply that he had to go through the crucifixion, I rejoice in the fact that he suffered physical thirst on the cross — and so much more— so that my thirst for the water of life might be quenched once and for all.

Moment of Reflection

Take some time in silence for reflection, meditation, or simply to listen to what God wants to speak into you.

Written Response

Close your time by writing to God a response or plan for application.

Prayer of Consummation

Lord Jesus,

As Your physical thirst was most certainly unbearable while hanging on the cross, we ask that you would make our spiritual thirst for Your living water so unbearable that we must drink from its streams;

Thank You Jesus for the physical pain you endured for us while on the cross; Teach us how to offer Your living water to others;

Lead us where Your living water is in greatest demand;

*Open our eyes to the captives that need to hear Your freedom proclamation;
Amen!*

Tuesday – March 13

Thirst

Individual Reflection

Lectio Divina: (**Lectio Divina** is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word. It does not treat Scripture as texts to be studied, but as the Living Word.)

1. Read John 19:28-29 slowly a few times (Lectio)

28 Later Jesus said, "I am thirsty." He knew that everything was now finished. He knew that what Scripture said must come true. 29 A jar of wine vinegar was there. So they soaked a sponge in it. They put the sponge on a stem of the hyssop plant. Then they lifted it up to Jesus' lips.

2. Ponder the text (Meditatio)

3. Speak to God (Oratio)

4. Find a quiet place (Contemplatio)

Speak Lord, for your servant is listening.

Wednesday – March 14

Thirst

Individual Reflection

Intro:

At some point in our life all of us have been thirsty. Whether that was as a newborn crying for our mother to come feed us or after a long run on a summer day. Our body told us we were thirsty, we knew we needed something to drink in order to keep functioning the way we should be. This principle also applies to our spiritual lives. At times, our souls thirst for God, or we have this feeling deep inside that tells us we know we need more of God. But unlike our physical needs, we don't always stop to meet our spiritual needs. Today is the day we stop, breathe, and allow our souls thirst for God to be quenched by the Living Water.

Items needed:

A bible, a journal, a pen, an iPod - Anything that helps you connect with God.

Directions:

Today's task is spending time with God. Take some extra time that you would normally spend watching TV, going to the gym, or hanging out with friends, and make an intentional effort to spend time with God. Don't go in with an agenda, just block out time and sit down. Start with a quick prayer acknowledging God and his presence then see where he leads you. Just be intentional about engaging with him.

Thursday – March 15

Thirst

Individual Prayer Guide

John 19:28 - *Jesus knew that his mission was now finished, and to fulfill Scripture he said, "I am thirsty."*

Nothing tastes better than a glass of cool, refreshing, water after a long day at work or a long run on a warm summer afternoon. Thirst is a natural inclination, our body tells us when it needs liquid to function and if we hope to survive than we need to find ways to get that liquid

into our body. In one of the funny parallels between the physical and spirit worlds, our souls also thirst. However, nothing in this world is enough to quench that thirst. No amount of money, love, possessions, adoration, or good deeds can fill the emptiness that we feel inside. Just as Jesus in a physically exhausted desperately needed physical refreshment, our souls desperately need spiritual refreshment that is not all that common in the world we all live in. Too often people let their souls become dehydrated until they barely have enough fumes to even survive. We can only come to this point some many times before it begins to damage us. The solution is to engage Jesus and constantly go back for gulps of his "living water."

Prayer:

Prayer is one of the best methods for quenching our spiritual thirst. It is our direct connection, our dialogue that connects us to God. We are relational beings and because we are made in the image of God, that makes God a relational being. This prayer is just one way that we can engage our desire to have more of God in our life.

1. Take some time in silence. Don't contemplate or think, just be.
2. Now, ask yourself a question: Do you find yourself desiring more interaction with God? Contemplate why or why this may not be the case for your personal experience. Feel free to pose to God any questions you may have, any fears you may have, any doubts you may have.
3. Offer him praise for the areas of your life where you can see him at work, the areas where he is quenching your thirst.
4. Thank him for his ability to dialogue with you as well as his ability to provide refreshment for your soul. Then ask him to offer you some refreshment in certain areas of your life.
5. Sit in the presence of God, when you feel at peace feel free to get up and go about the rest of your day.

Friday – March 16

Thirst

Individual Reflection

Lectio Divina: (**Lectio Divina** is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word. It does not treat Scripture as texts to be studied, but as the Living Word.)

Read Psalm 42:1-2 slowly a few times (Lectio)

A deer longs for streams of water. God, I long for you in the same way.
I am thirsty for God. I am thirsty for the living God. When can I go and meet with him?

Ponder the text (Meditatio)

What words stand out to me?
What does it mean to "long" for God? What does it mean to be "thirsty" for God?

Speak to God (Oratio)

You call me out upon the waters
The great unknown where feet may fail And there I find You in the mystery
In oceans deep My faith will stand
And I will call upon Your name
And keep my eyes above the waves When oceans rise
My soul will rest in Your embrace For I am Yours and You are mine

Your grace abounds in deepest waters Your sovereign hand
Will be my guide
Where feet may fail and fear surrounds me You've never failed and You
won't start now

So I will call upon Your name
And keep my eyes above the waves When oceans rise
My soul will rest in Your embrace For I am Yours and You are mine
-"Oceans" by Hillsong United

Find a quiet place (Contemplatio)

I call upon your great name, O Lord. I am resting in your embrace.
My soul thirsts for you- and you alone. I am yours and you are mine.

Speak Lord, for your servant is listening.

Saturday – March 17

Thirst

Individual Reflection

Intro:

Keeping with our theme of “Go and do it,” today’s application is designed to get you out in the world and being intentional about your “thirst” for God. Only this time rather than just you, we want to include more than just yourself in the process.

Items needed:

- a bible
- a group of people

Directions:

Make a commitment to be with the body of believers. Whether Sunday worship, or life group. Commit to be present! Grow in thirst together!