

# FAITH@HOME SPIRITUAL PRACTICES

## LECTIO DIVINA

### God's justice turns the world upside down!

Christians have been reading the Bible using Lectio Divina for centuries. Lectio Divina is the practice of reading a text several times and first letting it come to your awareness and then allowing it to sink into the heart of the listener. It is a form of meditation using a sacred text as a starting point. The below practice outlines a variation on the practice.

*It is important to note that the one who leads the family in this practice should guide everyone in a way that each person's comments are accepted without comment. This practice is an exercise in listening to God and to each other.*

#### You will need:

- Items for self expression (i.e. paper and pencil, crayons, paints, musical instrument, body for dancing)
- This text:

*"Why should you be jealous, if I want to be generous?"  
Jesus then said, "So it is. Everyone who is now first will be last, and everyone who is last will be first."*

(Matthew 20: 16, Contemporary English Version)

The text will be read three times through by the same person or a different person each time. Each reading will focus on something different and we will end with time to create something that represents what you feel the passage means to you. Choose a time and place that is most suitable for your family. This might be just before a meal or early morning or at bedtime.

#### LISTENING TO GOD'S WORD FOR THE FIRST TIME

Choose a family leader to begin. Take a moment of silence before the person reads the text aloud. The instruction is to listen for a word or phrase that God is speaking to us. Allow for silence after the reading and then invite those who wish to share a word a phrase that spoke to their heart.

#### LISTENING TO GOD'S WORD FOR THE SECOND TIME

A family member will read the text aloud a second time. Take a moment of silence before reading the text aloud. The invitation is to reflect on what God may be saying to us through the word or phrase that spoke to our heart. Allow for silence after the reading and then invite those who wish to share what this word or phrase means to them.

#### LISTENING TO GOD'S WORD FOR THE THIRD TIME

A family member will read the text aloud a third time. Take a moment of silence before reading the text aloud. This time the invitation is to reflect on how God may be calling us to act through the word or phrase that spoke to their heart. Allow for silence after the reading and then invite family members to move to action through creative ways. You now create whatever has come to you through the contemplation of this passage. You can draw, color, paint, sing, dance, create a plan of action, etc.

#### QUESTIONS TO CONSIDER:

- What word or phrase is staying with me? Why?
- How did I deeply listen to the passage?
- What did the passage say to me?
- What did I create? Why?
- What will I do with this new creation?

Adapted from Dr. Lakisha Lockhart's *Spirituality of Play Work* and *'Faithful Families: Creating Sacred Moments at Home'* by Traci Smith

## MEAL GRACES

Sharing in a grace or blessing as you gather before a meal is powerful. With a few short lines each person can be rooted in gratitude for the gift of food and be reminded there are so many people in our neighborhood, city and country who do not have enough food to eat.

As you share the meal together let these two themes guide your conversation; gratitude and hunger.



Thank you, God, for loving me.  
Thank you for my family.  
Help me to learn more each day  
To be kind at work and play. Amen.

For food in a world where  
many walk in hunger;  
For faith in a world where  
many walk in fear;  
For friends in a world where  
many walk alone;  
We give you thanks, O God. Amen.



God bless to us our bread  
and give food to all those  
who are hungry --  
and hunger for justice  
to those who are fed.  
God bless to us our bread.  
For health and strength  
and daily food,  
We give you thanks, O God.



A Word of Thanks  
For health and strength and daily food;  
for all the joys that make life worth living;  
for the opportunity to help those  
who need us so very much,  
we give you thanks, O God. In Jesus' name.  
Amen.

*Pilgrim Prayers for Mealtime* by Alexander Campbell  
Pilgrim Press 2013)

## SHARE STORIES

Books are a great way to deepen our understanding of themes and values found in biblical story. Check these stories out at your library or local bookstore!

**Exodus - Manna in the Wilderness**  
*Hungry Bird* by Jeremy Tankard  
*Bread and Jam for Frances* by Russell Hoban  
*The Lorax* by Dr. Seuss  
*Scaredy Squirrel at the Beach* by Melanie Watt

**Psalm 23**  
*The Journey* by Francesca Sanna  
*Year of the Jungle* by Suzanne Collins  
*The Gift of Nothing* by Patrick McDonnell

**The Parable of the Labourers in the Vineyard**  
*It's Not Fair!* By Amy Rosenthal  
*Unicorn Thinks He's Pretty Great* by Bob Shea  
*A Baby Sister for Frances* by Russell Hoban



## SEEK JUSTICE

**FOOD JUSTICE** means healthy food for all *and* works to make sure that workers (like the labourers in the vineyard) are treated fairly, paid well and work in safe healthy conditions. **FOOD SECURITY** means that everyone has reliable access to a sufficient quantity of affordable, nutritious food. These are concerns in our homes, in our communities and all across the world. There are ways that we can work towards a world that God dreams for us - a world where no one goes hungry and everyone is treated with respect, care and love.

### ADVOCATE for CHANGE

Write a letter or draw a picture and mail it to your local, provincial and federal political leaders in your community. Ask them to support initiatives that ensure everyone has enough to eat or that migrant workers have fair and healthy working conditions. Perhaps you have an idea you would like to share with them!

### SUPPORT YOUR LOCAL FOOD BANK

In this pandemic time, there are many households who are relying on food banks to support their families. Donate money or food to your local food bank. Volunteer at a food drive (or volunteer to lead a drive thru food drive) or volunteer in the food bank or program close to you.

### LEARN

Learning and listening are part of how we gather the knowledge we need in order to act! There are many good resources including these ones:

