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## KINDNESS

### Practice Guide

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#### ***PRACTICE 1 - LECTIO DIVINA***

For the first 1,500 years of church history, lectio divina (Latin for “divine reading”) was one of the primary spiritual practices people used to be with Jesus. It involves a slow reading of Scripture with an emphasis on the presence of Christ in the meditation of the text. This week we would encourage you to practice Lectio Divina as a means of remembering Christ’s kindness to you, which leads to the fruit of kindness towards others. We would encourage you this week to work through Titus 3:1-11 as a means of remembering God’s kindness to you:

1. **Read.** Read the Scripture slowly. Imagine the original author is speaking it to you. What sticks out to you? What words or phrases catch your attention?
2. **Reflect.** Read the Scripture slowly a second time. Reflect on how the passage/words/phrases might apply to your life. What does the passage reveal about people? What does this passage reveal to us about God? Ask the Spirit for wisdom and discernment.
3. **Respond.** Read the Scripture a third time. Where do you need to obey what the passage is telling? Where are you resistant or want to push back? What do you need to pray for? The aim of this part is application. Do what the Bible and Spirit call you to do.
4. **Rest.** After reading, rest and wait in God’s presence. Allow some time for His Word to sink into your soul.

#### ***PRACTICE 2 - PRAY FOR YOUR ENEMIES***

“But I say to you, Love your enemies and pray for those who persecute you.”  
- Matthew 5:44 esv

We want to take time this week to put into practice the call of Jesus to love and pray for our enemies. We’d encourage you to take 20-30 minutes this week to pray intentionally for those who you would have bitterness towards or who you would consider an enemy.

Here’s some things you might consider praying for:

- **Pray for them.** Pray for God’s will and work in their life, whether that be repentance, conversion, or whatever else He may desire. Pray for their heart towards you, their conviction (or lack thereof) of their sin, and their desire to repent and move towards God.
- **Pray for yourself.** Pray for your heart towards them. Pray that God would remove the burden of bitterness and move your heart towards mercy. Pray for the Holy Spirit to reveal anyways you have sinned in response to this person or situation.



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