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## Week 3: Talk

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### Opening Exercise: The Examen

Steps:

1. Become aware of God's presence

Take a deep breath. Remember that God is here.

2. Review the day (guided meditation)

Call to mind the events of the past 24 hours.

3. Notice your highs and lows

o Where did you feel gratitude, joy, or connection?

o Where did you feel frustration, sadness, or distance?

4. Notice God's presence

Where might God have been with you, in both the high and the low?

5. Look ahead with hope

Prayerfully offer today to God. Ask for what you need.

Opening Question: Introduce selves, then tell us what your first car was?

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## The Four Movements of Lectio Divina

1. **Lectio** – Read the Scripture slowly (aloud if possible). Read it twice.  
*On the second time, notice a word or phrase that catches your attention.*
2. **Meditatio** – Reflect Sit with that word or phrase. *Why might this be speaking to you today? What is happening in your life that connects to it?*
3. **Oratio** – Respond Read text a third time. Speak to God from your heart.  
Offer a prayerful response, bringing your word or phrase to God, listening for how God is speaking to you through it.
4. **Contemplatio** – Rest Rest quietly in God's presence.

### Text: Psalm 139: 1-18

O Lord, you have searched me and known me.  
2 You know when I sit down and when I rise up;  
    you discern my thoughts from far away.  
3 You search out my path and my lying down  
    and are acquainted with all my ways.  
4 Even before a word is on my tongue,  
    O Lord, you know it completely.  
5 You hem me in, behind and before,  
    and lay your hand upon me.  
6 Such knowledge is too wonderful for me;  
    it is so high that I cannot attain it.  
7 Where can I go from your spirit?  
    Or where can I flee from your presence?




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8 If I ascend to heaven, you are there;  
 if I make my bed in Sheol, you are there.

9 If I take the wings of the morning  
 and settle at the farthest limits of the sea,

10 even there your hand shall lead me,  
 and your right hand shall hold me fast.

11 If I say, "Surely the darkness shall cover me,  
 and night wraps itself around me,"[a]

12 even the darkness is not dark to you;  
 the night is as bright as the day,  
 for darkness is as light to you.

13 For it was you who formed my inward parts;  
 you knit me together in my mother's womb.

14 I praise you, for I am fearfully and wonderfully made.  
 Wonderful are your works; that I know very well.

15 My frame was not hidden from you,  
 when I was being made in secret,  
 intricately woven in the depths of the earth.

16 Your eyes beheld my unformed substance.  
 In your book were written all the days that were formed for me,  
 when none of them as yet existed.[b]

17 How weighty to me are your thoughts, O God!  
 How vast is the sum of them!

18 I try to count them—they are more than the sand;  
 I come to the end[c]—I am still with you.



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### Small Group Discussion:

- Where do you see your high or low in this story?
- How does this story speak about the week you just had?
- How does being known or seen by God change how you understand your week?
- How has your understanding of your highs and lows changed or deepened as you hear them through this story?
- How does this story impact how you understand your highs and lows?
- How do your highs and lows impact how you hear this story?
- How did it feel to talk about your highs and lows through the lens of scripture?
- What was it like talking together through it? How did it help you to understand your week differently?

### Using These Practices at Home (Faith Five)

- Choose one Scripture for the week  
(next week's Gospel reading is Mark 2:1–12)
- Practice lectio divina with it 2–3 times this week
- Notice how the meaning deepens or shifts with each study



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- See how your story and the story you are reading impact your understanding of your highs and lows that day.

For households with children:

1. At bedtime, ask: What were your highs and lows today?
2. Read a short Bible story aloud (Spark Story Bible is great for kids)
3. Talk: What do you like about this story?

How might this story connect to our life? What was similar from our story and our highs and lows this week?

4. Pray together.