



## Boundaries

### **The Lectio Divina Way**

Lectio Divina is Latin for “divine reading” or “sacred reading”. It’s origins go back to the 6th Century Benedict of Nursia and has continued to be used as a spiritual practice. The passage is read three times with a pause in between to reflect, pray or journal. In this guide you will find **suggested** prompts to go with each pause.

### **A Little About the Passage**

Here we see Jesus teaching and then healing Simon’s mother in-law. Then a crowd of people suffering from a variety of ailments were brought to Jesus and he laid hands on them and healed them. Eventually Jesus retreats to a place to be alone. The people still sought Him out bringing more people who were in need. His response was that He needed to continue to move on to other towns. After Jesus spent time with His Father He knew what he needed to do and set boundaries.

### **Luke 4:38-44**

**38** Then He got up and [left] the synagogue, and entered Simon's home. Now Simon's mother-in-law was suffering from a high fever, and they asked Him to help her.

**39** And standing over her, He rebuked the fever, and it left her; and she immediately got up and served them.

**40** Now while the sun was setting, all those who had [any who were] sick with various diseases brought them to Him; and He was laying His hands on each one of them and healing them.

**41** Demons also were coming out of many, shouting, "You are the Son of God!" And [yet] He was rebuking them and would not allow them to speak, because they knew that He was the Christ.

**42** Now when day came, Jesus left and went to a secluded place; and the crowds were searching for Him, and they came to Him and tried to keep Him from leaving them.

**43** But He said to them, "I must also preach the kingdom of God to the other cities, because I was sent for this [purpose.]"

**44** So He kept on preaching in the synagogues of Judea.

### **Prompts for Prayer, Journaling or Conversation**

#### Read (*lectio*)

- Read scripture/passage once without stopping.
- Take notice of what stands out to you? A phrase, word, or image.

#### Reflect (*meditatio*)

- Read the scripture/passage a second time.
- Consider Jesus' decision to go to a secluded place. How does this make you feel or what thoughts come to mind?

#### Respond (*oratio*)

- Read the scripture/passage a third time.
- Consider Jesus' decision to move on to other towns.

#### Rest (*contemplatio*)

- What do you feel or think?
- Notice the posture of your heart.
- What do you want to express to God at this moment?