

Let's spend time with God in Exodus this week!

We spent the first couple of weeks engaging the Bible with the SOAP method. Get ready to be introduced to a new one.

Parents: The [Parent Prompt](#) has really practical suggestions for having spiritual conversations for your kid(s) at each stage of the journey. Be the leader your kids need you to be!

Week 3 Memory Verse | Exodus 14:14**Monday, January 19**

Although we are introducing another way you can engage the Bible this week, that doesn't mean you have to leave SOAP behind. In fact, the way you experience the Bible will likely mix multiple methods together. This week we will join in an ancient Christian approach to the Bible called Lectio Divina ("divine reading").

Where many methods of engaging the Bible focus on studying God's Word (a good thing), Lectio Divina focuses on listening (another good thing).

Passage: Exodus 3:1-14

Activity: Lectio Divina is most simply practiced in four steps:

1. **Read** the passage slowly several times.
2. **Meditate** on a key verse, phrase, or word that stands out.
3. **Pray** about what God is bringing to your attention and why.
4. **Contemplate** God's Word and His personal presence with you.

Note: When we say meditate, we mean what the Bible means by that word. To fill your mind with it by focusing on it and repeating it.

Tuesday, January 20

This way of engaging the Bible feels different. We know books are meant to be read and studied, so we naturally do that with the Bible. But God's Word is no ordinary book. The Bible reveals God and His truth to us so that we can know Him and be transformed by Him. God tells Joshua to "meditate on it day and night." (Joshua 1:8)

The Hebrew word for meditate literally pictures someone "muttering" or saying something "under their breath". So, when we meditate on God's Word, it's the idea that we are repeating it to ourselves so that we will remember and not forget. How practical!

Passage: Exodus 14:10-14

Activity: Repeat the four Lectio Divina steps from yesterday. Meditate on the memory verse for this week (14:14) over the course of your day. Take note of that experience.

Wednesday, January 21

After getting somewhat comfortable with a method, we will give you a way to take it further in helping you as you engage the Bible.

Any time you are going to spend time with God and His Word, it's important to acknowledge what you are bringing with you: distractions, feelings, burdens, etc. Before you begin, take a few seconds to stop, take some deep breaths, and tell God. He will meet you right where you are.

Passage: Exodus 20:1-17

Activity: Yes, you are most likely familiar with the Ten Commandments. Spend time with them using Lectio Divina, but this time don't just jump straight into reading the passage. Be aware of what you're bringing with you and talk to God about it first.

Thursday, January 22

You are becoming more familiar with the practice of Lectio Divina. Remember today that you are meeting with the King of Glory.

Passage: Exodus 33:19-34:7

Activity: Use the four steps of Lectio Divina independent of any other prompts today.

Friday, January 23

Don't forget the importance of remembering what God is doing and how He is working.

Passage: Review the passages from this week.

Activity: Reflect on the following questions:

- What has God revealed about Himself?
- What promise do you need to hold onto?
- Where is God working right now?

Saturday, January 24 – Sunday, January 25

The weekend is your "free space" for application.

Passage: Choose any passages from the book of Exodus you want.

Activity: Engage with that passage using our old friend, SOAP!