

Southern Adventist University  
**Knowledge Exchange**

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The Main Thing Devotional

Office of Ministry and Missions

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## **God Sees You**

Anna Bennett

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*“Thereafter, Hagar used another name to refer to the Lord, who had spoken to her. She said, “You are the God who sees me.” Genesis 16:13, NLT.*

### **Praying the Scriptures**

Before the invention of the printing press opened the opportunity for many in the world to engage with scripture personally, it was a common practice for Christians to gather in public spaces to hear the Word of God read aloud. Hearing a word or phrase that resonated with them personally, they would carry this with them throughout their day, drawing them into constant communion with God. By the sixth century, Benedict of Nursia coined this spiritual practice by *Lectio Divina*, Latin for “divine reading.” These four parts or movements of *Lectio Divina* may help you to experience greater intimacy with God through reading scripture. Begin with prayer, confessing anything that stands in the way of you hearing God’s voice and asking for the baptism of His Spirit. Then:

1. *Lectio* (Listen/Read): Without hurry or rush and without wanting to find the intellectual meaning of the scripture, listen for the Holy Spirit to speak to you personally as you read scripture. (Read the passage a minimum of three times, out loud is best).
2. *Meditatio* (Meditate/Reflect): After the first reading, listen for one word or phrase that stands out to you from scripture. Ruminates on it in your mind.
3. *Oratio* (Pray/Respond): After the second reading, respond to God in silent prayer, expressing whatever thoughts, feelings, and emotions come up for you as you meditate on this scripture. Confess your sins, struggles, and hurts. You may benefit from writing some of these things down.
4. *Contemplatio* (Contemplate/Rest): During the third reading, ask: “What is the invitation God is extending to me through this scripture?” Respond to God in silent prayer and imagine resting in His presence.

You may practice *Lectio Divina* using just about any scripture passage; however, focusing on no more than 10 verses at a time is recommended. If you don’t have a passage immediately coming to mind, you may try this practice with Genesis 16:6-16.

As you make Jesus the main thing in your life this week, may you experience deep, meaningful communion with Him in a way that brings life, joy, and peace.

### **News and Resources**

- As it is Midterm Break this week, there will be no regular Vespers program. Rest and enjoy!
- Find a meaningful sense of belonging by joining a student or faculty/staff LifeGroup today: [click here](#).

- If you are feeling anxious or have recently experienced loss or grief, call 423.236.2782 to talk to a counselor on campus! (This is a free service for Southern students.)
- **Talk** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.