

An aerial photograph of a densely populated urban neighborhood. The image shows a grid of streets with numerous buildings, many of which have colorful, corrugated metal roofs in shades of red, orange, and brown. There are green spaces, including a large rectangular field in the upper left and several smaller courtyards and parks scattered throughout. The overall scene is vibrant and shows a mix of residential and commercial structures.

# SPIRITUAL LISTENING THROUGH COMMUNITY WALKS





**BE OPENED**

**"[SOME] PEOPLE BROUGHT TO HIM A MAN WHO WAS DEAF AND COULD HARDLY TALK, AND THEY BEGGED JESUS TO PLACE HIS HAND ON HIM. AFTER HE TOOK HIM ASIDE, AWAY FROM THE CROWD, JESUS PUT HIS FINGERS INTO THE MAN'S EARS. THEN HE SPIT AND TOUCHED THE MAN'S TONGUE. HE LOOKED UP TO HEAVEN AND WITH A DEEP SIGH SAID TO HIM, "EPHPHATHA!" (WHICH MEANS "BE OPENED!"). AT THIS, THE MAN'S EARS WERE OPENED, HIS TONGUE WAS LOOSENED AND HE BEGAN TO SPEAK PLAINLY."**

**MARK 7:32—35 (NIV)**



LECTIO VICINITAS

# Lectio Vicinitas

## 1. SILENCIO (PREPARE)

- As you prepare to depart, quiet your inner voice.
- Invite the Holy Spirit to guide your steps and your observations.
- Seek a mindset of openness, leaving preconceived assumptions behind.

## 2. LECTIO (READ)

- As you begin walking, take a special notice of what and who you see.
- In this stage try to avoid interpreting what you see, simply observe. You may take notes on paper or on your phone if it helps you to remember.
- Take note of places where people are gathering. Look for written words on signs, posters, magazines. Observe the housing in the community, if a property is for sale or rent look up the cost.
- What stands out to you right away? Remember you are not interpreting yet.

## 3. MEDITATIO (MEDITATE)

- Find a quiet place to sit in the neighborhood.
- Reflect upon what you saw.
- Replay the walk in your imagination, stopping for moments that stood out to you.
- Ruminant on these moments. What stood out to you about them?
- Slowly shift your focus from the mind to the heart. What feelings stirred in you?
- What was happening under the surface?
- Where did you feel God's presence on your walk? Where could you see God already working?

## 4. ORATIO (PRAY)

- Shift into a conversation with God about what you saw on your walk.
- You can do this in a journal if it helps.
- Ask God some questions. Ask God for clarity in areas that are unclear.
- Ask God where you might partner with God's redemptive work already happening in the community.

## 5. CONTEMPLATIO (CONTEMPLATE)

- As you begin to close, jot down your newly discovered insights about your neighborhood.
- Write down anything you feel like God was saying to you in this time.
- Rest in God's presence for a few moments before returning to your daily tasks.

A young child with dark hair, wearing a red long-sleeved dress, is focused on stacking colorful blocks. The child is holding a red block above a stack of yellow, green, and dark blue blocks. The background is a softly lit room with wooden furniture and a giraffe toy. The text "BE CURIOUS" is overlaid in white, bold, sans-serif font across the center of the image.

**BE CURIOUS**

BELIEVE



Apple tv+

JASON SUDEIKIS

**TED LASSO**





# BE PRESENT





Our Sangria has a kick!  
Used to be a  
water bottle,  
now carries food  
from ALDI.

**BE AWARE**







**BE PATIENT**



**BE READY!**





