

## TRAVELLING TOGETHER WITH GOD THROUGH LENT

### AFRICAN STYLE

Lent is a good time for seeking spiritual refreshment.

One of the ways of doing this is by breaking with usual patterns and routines and trying something different.

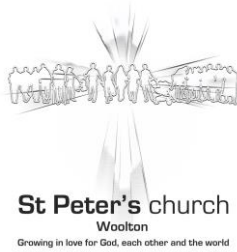
Some from St Peter's will be joining other churches at Liverpool Hope for a Lent course; others for all sorts of reasons may not be going but still want to meet together.

Kip recommends the African Bible Study (overleaf). In 1999 he was invited to join an international conference in San Francisco and the African delegation led this kind of study every day. It seemed strange at first, but led to a remarkable sense of listening to each other and to God, as the discipline of the method was maintained.

It's up to you what happens before and after. Before might be a time of sharing news of what's been happening during the week and an opportunity to share what God's been doing. After the African bible study you may find you want to share more and pray more or just enjoy each other's company.

Suggested readings for each week are:

- 9<sup>th</sup> March    Lent 1        Matthew 4. 1-11
- 16<sup>th</sup> March    Lent 2        John 3. 1-17
- 23<sup>rd</sup> March    Lent 3        John 4. 5-42
- 30<sup>th</sup> March    Lent 4        Exodus 2. 1-10     (Mothering Sunday)
- 6<sup>th</sup> April        Lent 5        John 11. 1-45



## **African Bible Study**

(Should take 30 – 40 minutes)

This Bible Study method was introduced by the African Delegation to the Lambeth Conference. It is known by both names: "Lambeth" and "African." It is rooted in the ancient method of praying the scriptures, known as Lectio Divina, or "Holy Reading".

1 Opening Prayer: O Blessed Lord, who caused all Holy Scripture to be written for our learning: Grant us  
so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and hold fast the  
blessed hope of everlasting life, which you have given us in our Saviour Jesus Christ, Amen.

2 One individual reads passages slowly.

3 Each person identifies the word or phrase that catches their attention. (1 minute)

4 Each shares the word or phrase around the group. (3-5 minutes, NO DISCUSSION)

5 Another person reads the passage slowly (from a different translation, if possible.)

6 Each person identifies where this passage touches their life today. (1 minute)

7 Each shares. (3-5 minutes, NO DISCUSSION)

8 Passage is read a third time (another reader and translation, if possible.)

9 Each person names or writes: "From what I've heard and shared, what do I believe God wants me to do or be? Is God inviting me to change in any way? (5 minutes)

10 Each shares their answer. (5-10 minutes, NO DISCUSSION)

11 Each prays for the person on their right, naming what was shared in other steps. (5 minutes)

12 Close with the international and ecumenical translation of the Lord's Prayer:

Our Father in heaven,  
Hallowed be your name,  
Your kingdom come,  
Your will be done,  
On earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
As we forgive those who sin against us.  
Save us from the time of trial  
And deliver us from evil.  
For the kingdom, the power, and the glory are yours  
Now and for ever. Amen.