

Give Up All Things For Resurrection Life (Philippians 3:7-11)

Bill Gaultiere ~ [Lectio Divina Guides](#) ~ [SoulShepherding.org](#)

Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: We can take heart from Paul. He had many reasons to be confident in his flesh: family heritage and upbringing, education, spiritual training, personal accomplishments, and zeal for God. But he learned not to rely on his assets in order to put his total focus and energy into personally knowing and depending upon Christ in all that he did. Denying himself honors and pleasures helped him learn to accept suffering as an opportunity to take up his cross with Christ *and participate in his resurrection power and life*. In this way *eternal living* with Christ becomes available to us now and in any situation.

Opening Prayer: "I embrace Christ... Nothing else" (inspired by Philippians 3:8).

Read Scripture: Philippians 3 (NIV)

7 But whatever were gains to me I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. 10 I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, 11 and so, somehow, attaining to the resurrection from the dead.

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.