



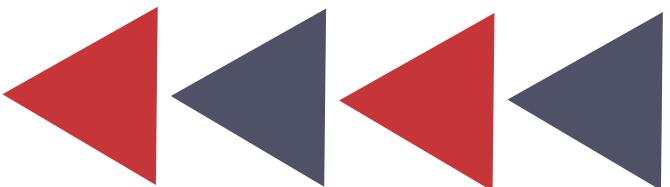
# Love in Action

## JAMES

IF YOU LISTEN TO THE WORD AND DON'T LIVE OUT THE MESSAGE YOU HEAR, YOU BECOME LIKE THE PERSON WHO LOOKS IN THE MIRROR OF THE WORD TO DISCOVER THE REFLECTION OF HIS FACE IN THE BEGINNING. YOU PERCEIVE HOW GOD SEES YOU IN THE MIRROR OF THE WORD, BUT THEN YOU GO OUT AND FORGET YOUR DIVINE ORIGIN.JAMES 1:23&24 TPT

"FAITH IN ACTION IS LOVE, AND LOVE IN ACTION IS SERVICE. BY TRANSFORMING THAT FAITH INTO LIVING ACTS OF LOVE, WE PUT OURSELVES IN CONTACT WITH GOD HIMSELF, WITH JESUS OUR LORD."— MOTHER TERESA

20 MINS IN 2020





In this devotional we are going to introduce you to a different way of engaging with the scriptures. Lectio Divina (literally divine reading) is a way of becoming immersed in the scriptures very personally. It may at times feel repetitive but that is the point. The Christian form of Lectio Divina was first introduced by St. Gregory of Nyssa (c 330- 395), and also encouraged by St. Benedict of Nursia (c 480-547), the founder of the Benedictine order. It is a way of developing a closer relationship with God by reflecting prayerfully on His words. When we practice Lectio Divina, we can imagine we are actually involved in the events of Scripture — for example, hearing God's words to the Israelites in the desert. It's an intensely personal experience.

We are going to look at the book of James over these 5 weeks and immerse ourselves in God's word. The book of James is both practical and spiritual, it is believed to have been written by Jesus Brother, for the new Jewish Christians, however the truths remain relevant for us today. A key verse is found in the very first chapter.

Don't just listen to the Word of Truth and not respond to it, for that is the essence of self-deception. So always let his Word become like poetry written and fulfilled by your life  
James 1:22-25 The Passion Translation

So as we journey together let us not just read but be transformed by God's word. Go deeper with Him. So that people will be impacted by our lives and come into the Kingdom of God. Lets put our love into action!

Majors Dianne and Andrew Jarvey

# Prepare

# Lectio Divina

Think about your surroundings, set aside 20 minutes to read, reflect, and respond to the Holy Spirit's promptings in Lectio Divina. To help you settle you might like to light a candle, not because it's necessary, but because the flame and fragrance serve as gentle reminders to collect your thoughts and calm your mind. We suggest you pray a prayer of invitation, saying something like, "God, let me hear from you," and spend a few moments sitting quietly so your mind is open to hearing from God.

## Lectio (Read)

The first reading- You are invited to listen for a word or a phrase that strikes you. This word or phrase might come across as "louder" than the others. It might resonate with other experiences you've had with the same word. It is important not to force things, but wait patiently for God to give gentle guidance. In the silence that follows just savour the word or phrase without trying to figure it out or make application connections. Then write this word or phrase down and re read the passage again.

## Meditatio (Reflect)

The second reading- You are invited to listen for the way in which your life is touched by this word. Try not to analyse the passage. It's easy to slip into "study mode" and think about interesting points rather than listening to what God might be saying. It helps to ask God to make His focus clear. In the silence that follows, listen to the questions, How is my life touched by this word? What in my life needs to hear this word today?

## Oratio (Respond)

The Third reading- it's time to respond, record your thoughts by journaling. We can respond in prayer too, which gives us the opportunity for a conversation with God. You are invited to listen for God's invitation to you. Is there an invitation-something that God is inviting you to do or to be - contained within his word to you? What is your response? Allow for a longer silence so that you can interact with God in your heart, hearing God's invitation then respond honestly. Write down anything God invites you or reveals to you through His word.

## Contemplatio (Rest)

The Fourth reading- Spend around 10 minutes in silent contemplation. This isn't a time of prayer or meditation — sit quietly and allow God to work. You are invited to rest in God with the word you have received. In the silence that follows rest in God's ability to bring whatever it is he is inviting you to or to be. Then take a moment to thank God for this experience.

## Actio (Action)

Finally, although this phase is often not considered to be a part of lectio divina proper, it is an essential result of the encounter with God in sacred scripture. Having received God's love and grace, we should desire to serve others out of the love we have been given. Our transformation calls us to witness to others; it calls us to selflessly serve others in Christ. These acts are done not so much out of a sense of duty, but out of the inspiration we receive from the acceptance in faith of God's love. So what action is God asking of you?

**We have broken up the book of James for you, but if you are using your own bible don't be bound by this.**

**Basically cover one chapter of James a week for 5 weeks.**

Title- Date

# Day 1

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

### Meditatio (Reflect)

Reading 2

### Oratio (Respond)

Reading 3

### Contemplatio (Rest)

Reading 4

### Actio (Action)

## Scripture

James 1:1-8

1 James, a servant of God and of the Lord Jesus Christ, To the twelve tribes scattered among the nations: Greetings. 2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything. 5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.

Title- Date

# Day 2

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

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### Meditatio (Reflect)

Reading 2

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### Oratio (Respond)

Reading 3

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### Contemplatio (Rest)

Reading 4

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### Actio (Action)

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## Scripture

James 1:9-12

9 Believers in humble circumstances ought to take pride in their high position. 10 But the rich should take pride in their humiliation—since they will pass away like a wild flower. 11 For the sun rises with scorching heat and withers the plant; its blossom falls and its beauty is destroyed. In the same way, the rich will fade away even while they go about their business.12 Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

Title- Date

# Day 3

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

### Meditatio (Reflect)

Reading 2

### Oratio (Respond)

Reading 3

### Contemplatio (Rest)

Reading 4

### Actio (Action)

## Scripture

James 1:13-18

13 When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; 14 but each person is tempted when they are dragged away by their own evil desire and enticed. 15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. 16 Don't be deceived, my dear brothers and sisters. 17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. 18 He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

Title- Date

# Day 4

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 1:19-21

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires. 21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Title- Date

# Day 5

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

### Meditatio (Reflect)

Reading 2

### Oratio (Respond)

Reading 3

### Contemplatio (Rest)

Reading 4

### Actio (Action)

## Scripture

James 1:22-25

22 Do not merely listen to the word, and so deceive yourselves. Do what it says. 23 Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and immediately forgets what he looks like. 25 But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

# Day 6

Title- Date

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

### Meditatio (Reflect)

Reading 2

### Oratio (Respond)

Reading 3

### Contemplatio (Rest)

Reading 4

### Actio (Action)

## Scripture

James 1:26-27

26 Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. 27 Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

# Day 7

Take all the words God has given you this week and use this blank page to write them all down.

Maybe you would like to use a different colour for each word.

Once you have done that, spend time with God and see if he highlights a few for you. Go back to them and see what they mean in this season.

Title- Date

# Day 8

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

### Meditatio (Reflect)

Reading 2

### Oratio (Respond)

Reading 3

### Contemplatio (Rest)

Reading 4

### Actio (Action)

## Scripture

James 2:1-4

2 My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favouritism. 2 Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in filthy old clothes also comes in. 3 If you show special attention to the man wearing fine clothes and say, "Here's a good seat for you," but say to the poor man, "You stand there" or "Sit on the floor by my feet," 4 have you not discriminated among yourselves and become judges with evil thoughts?

Title- Date

# Day 9

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

### Meditatio (Reflect)

Reading 2

### Oratio (Respond)

Reading 3

### Contemplatio (Rest)

Reading 4

### Actio (Action)

## Scripture

James 2:5-7

5 Listen, my dear brothers and sisters: Has not God chosen those who are poor in the eyes of the world to be rich in faith and to inherit the kingdom he promised those who love him? 6 But you have dishonored the poor. Is it not the rich who are exploiting you? Are they not the ones who are dragging you into court? 7 Are they not the ones who are blaspheming the noble name of him to whom you belong?

Title- Date

# Day 10

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

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## Oratio (Respond)

Reading 3

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## Contemplatio (Rest)

Reading 4

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## Actio (Action)

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## Scripture

James 2:8-13

8 If you really keep the royal law found in Scripture, "Love your neighbour as yourself," you are doing right. 9 But if you show favouritism, you sin and are convicted by the law as lawbreakers. 10 For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it. 11 For he who said, "You shall not commit adultery," also said, "You shall not murder. If you do not commit adultery but do commit murder, you have become a lawbreaker. 12 Speak and act as those who are going to be judged by the law that gives freedom, 13 because judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment.

Title- Date

# Day 11

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

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## Oratio (Respond)

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## Contemplatio (Rest)

Reading 4

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## Actio (Action)

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## Scripture

James 2:14-18

14 What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? 15 Suppose a brother or a sister is without clothes and daily food. 16 If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? 17 In the same way, faith by itself, if it is not accompanied by action, is dead. 18 But someone will say, "You have faith; I have deeds." Show me your faith without deeds, and I will show you my faith by my deeds.

Title- Date

# Day 12

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 2:19-24

19 You believe that there is one God. Good! Even the demons believe that—and shudder.20 You foolish person, do you want evidence that faith without deeds is useless? 21 Was not our father Abraham considered righteous for what he did when he offered his son Isaac on the altar? 22 You see that his faith and his actions were working together, and his faith was made complete by what he did. 23 And the scripture was fulfilled that says, "Abraham believed God, and it was credited to him as righteousness,"and he was called God's friend. 24 You see that a person is considered righteous by what they do and not by faith alone.

Title- Date

# Day 13

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

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## Oratio (Respond)

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## Contemplatio (Rest)

Reading 4

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## Actio (Action)

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## Scripture

James 2:25-26

25 In the same way, was not even Rahab the prostitute considered righteous for what she did when she gave lodging to the spies and sent them off in a different direction? 26 As the body without the spirit is dead, so faith without deeds is dead.

# Day 14

In the same way, faith by itself, if it is not accompanied by action, is dead.  
James 2:17



Our hands are such an important part of our body. We use them to open things, to fix things, to embrace things. During this time we are told to wash them thoroughly, we are even prevented from shaking other peoples hands. This is to prevent the virus from spreading from one person to another.

We are going to take a moment to put our hands to rest. Cleanse our spirit from anything that we could pass from one to another that may cause harm the same way a virus can spread pain and hurt. If we are to be a people of action it must come from our faith.

As the body without the spirit is dead, so faith without deeds is dead.  
James 2:26

## Prayer :

Take a moment to look at your hands. Look at the lines, are there some calluses from hard work. Do they need a clean? Do you bite your nails?

Now place them on your lap palms down. Take a breath in and then breathe out. Repeat this until you feel settled.

Turn your hands over on your lap so that your palms are up. Take a breath in and then breathe out. Repeat this until you feel settled

Now close your eyes and just sit like this and receive from God. Just wait there in His presence, palms up, open to what He has for you today.

# Day 15

Title- Date

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 3:1-2

Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly. 2 We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

Title- Date

# Day 16

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 3:3-6

3 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. 4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. 5 Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. 6 The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

# Day 17

Title- Date

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## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

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## Meditatio (Reflect)

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## Oratio (Respond)

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## Contemplatio (Rest)

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## Actio (Action)

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## Scripture

James 3:7-8

All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison.

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Title- Date

# Day 18

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

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## Oratio (Respond)

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## Contemplatio (Rest)

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## Actio (Action)

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## Scripture

James 3:9-12

9 With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. 11 Can both fresh water and salt water flow from the same spring? 12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

# Day 19

Title- Date

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

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## Oratio (Respond)

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## Contemplatio (Rest)

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## Actio (Action)

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## Scripture

James 3:13-16

13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. 14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice.

Title- Date

# Day 20

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 3:17-18

17 But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. 18 Peacemakers who sow in peace reap a harvest of righteousness.

# Day 21

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. James 3:13

**Find a quiet place to sit and ponder over this prayer today.  
You may need to repeat this prayer until it sinks right into your soul.**

Father,

I cringe when I recall the negative words I have uttered that have brought pain to others and decay to the world. I thank You that You have the power to wipe them away with Your blood which forgives and cleanses me from all unrighteousness. I don't have to walk around condemned any longer! I am forgiven! I am cleansed!

Lord, I am asking today for a fresh revelation of the power of my words. I ask You to guard my tongue, giving me great self-control to only let pass through the gates of my mouth what will be helpful and bring life to others and pleasing to You.

Create in me a clean heart and renew a right spirit within me. Get me out of the pit of negativity and on top of the mountain with words that elevate You, others, and even myself.

Forgive me for talking down on myself, for saying things that don't reflect the true self you created me to be. Help me to accept that I am fearfully and wonderfully made! My soul knows this full well, and I refuse to argue with my soul any longer. I reject anything other than Your Word which tells me I am a chosen person, a royal priest, and part of a holy nation!

I thank You for transforming me from the inside out by changing the way that I think. I choose today to obey Your Word which instructs me to ponder only things that are true, honourable and right and pure. Help me to choose only things of You today! For You are ultimately all those things. Help me to sow and reap in Peace.

I turn my attention and my words to praise today to Your glorious name, for You are worthy of praise and You have made me worthy to be called Your child!

In Jesus Name

Amen!

Title- Date

# Day 22

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

Reading 2

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## Oratio (Respond)

Reading 3

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## Contemplatio (Rest)

Reading 4

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## Actio (Action)

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## Scripture

James 4:1-3

What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

Title- Date

# Day 23

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 4:4-6

4 You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. 5 Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? 6 But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble."

# Day 24

Title- Date

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## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

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## Oratio (Respond)

Reading 3

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## Contemplatio (Rest)

Reading 4

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## Actio (Action)

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## Scripture

James 4:6

6 But he gives us more grace. That is why Scripture says:  
"God opposes the proud but shows favour to the humble."



# Day 25

Title- Date

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

Reading 2

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## Oratio (Respond)

Reading 3

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## Contemplatio (Rest)

Reading 4

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## Actio (Action)

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## Scripture

James 4:7-10

7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

# Day 26

Title- Date

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 4:11-12

11 Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. 12 There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbour?

# Day 27

Title- Date

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

### Meditatio (Reflect)

Reading 2

### Oratio (Respond)

Reading 3

### Contemplatio (Rest)

Reading 4

### Actio (Action)

## Scripture

James 4:13-17

13 Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." 14 Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. 15 Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." 16 As it is, you boast in your arrogant schemes. All such boasting is evil. 17 If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them.

# Day 28

Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. James 4:14

## Take time to think about your life

Thanksgiving - Think of all the things over your life you can give praise to God for.

Help me - Think of all the things that take up too much of your life worrying about.

Guide me - Think of all of the things you would like to see God do in your life.

# Day 29

Title- Date

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 5:1-6

1 Now listen, you rich people, weep and wail because of the misery that is coming on you. 2 Your wealth has rotted, and moths have eaten your clothes. 3 Your gold and silver are corroded. Their corrosion will testify against you and eat your flesh like fire. You have hoarded wealth in the last days. 4 Look! The wages you failed to pay the workers who mowed your fields are crying out against you. The cries of the harvesters have reached the ears of the Lord Almighty. 5 You have lived on earth in luxury and self-indulgence. You have fattened yourselves in the day of slaughter. 6 You have condemned and murdered the innocent one, who was not opposing you.

Title- Date

# Day 30

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

### Lectio (Read)

Reading 1

### Meditatio (Reflect)

Reading 2

### Oratio (Respond)

Reading 3

### Contemplatio (Rest)

Reading 4

### Actio (Action)

## Scripture

James 5:7-9

7 Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. 8 You too, be patient and stand firm, because the Lord's coming is near. 9 Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!

Title- Date

# Day 31

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 5:10-12

10 Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. 11 As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy. 12 Above all, my brothers and sisters, do not swear—not by heaven or by earth or by anything else. All you need to say is a simple "Yes" or "No." Otherwise you will be condemned.

Title- Date

# Day 32

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 5:13-16

13 Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. 14 Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. 15 And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. 16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Title- Date

# Day 33

## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

## Meditatio (Reflect)

Reading 2

## Oratio (Respond)

Reading 3

## Contemplatio (Rest)

Reading 4

## Actio (Action)

## Scripture

James 5:17-18

17 Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. 18 Again he prayed, and the heavens gave rain, and the earth produced its crops.

# Day 34

Title- Date

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## Prepare

Find a comfy place - light a candle- curl up in a rug- have a cuppa- don't forget your pen and paper.

## Lectio (Read)

Reading 1

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## Meditatio (Reflect)

Reading 2

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## Oratio (Respond)

Reading 3

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## Contemplatio (Rest)

Reading 4

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## Actio (Action)

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## Scripture

James 5:19-18

19 My brothers and sisters, if one of you should wander from the truth and someone should bring that person back, 20 remember this: Whoever turns a sinner from the error of their way will save them from death and cover over a multitude of sins.

# Day 35

## Pray

The prayer of a righteous person is powerful and effective.James 5:16 b

Today we encourage you to put on some music that helps you come into an attitude of prayer and reflection.... Simply Pray. You might like to write your prayer here or scribble notes of reflection. It is a blank canvas just waiting to be filled with prayer.