

BSCS1

RED

My Journal of Lectio Divina

Evidence that I watched the live



Lectio (Read) - The gospel that I read is Philippians 2:1 and in my understanding, it says that *We belong to Christ, and he makes us brave. His love makes us strong. We are able to help one another his spirit is in you. We can be kind to each other, and We can forgive each other.* This verse is one of my favorites that is why I choose this.

The reason why I choose this verse (Philippians 2:1) is because it gives a huge impact to me, the another reason is that I am a type of person that can not easily forgive the person that hurt me especially if the person is very close to me, most of the time when I think the he/she is not kind I will return the same thing I will not be kind to him/her, but when I start reading some chapters in the Bible I remember that even if the person does bad things to you, you should do good things to that person in return. Because of that I learned that whatever happens between you and to that person you even if its good or bad you must love, be kind, and learn to forgive it says also in the Bible if you do good things to the people you can make completely happy our Lord God.

Action (Resolution) – I think the action that I need to do is to remind myself every day of this verse (Philippians 2:1) and always learn to be kind and do good things to other people.

(This question is from the fb live)

What needs cleansing in my life?

I think my mind, my heart, and my soul needs to be cleansing in my life because I know I am a sinful person, in everyday life I know that I made a sin even if it's small but in the end it is still a sin, and to be honest I am always in the TikTok app and I tend to judge other people base on their post and their attitude. The second one I need to cleanse is my heart because like what I said earlier I do not easily to forgive the person who hurt me, I need to learn to forgive them, if our Lord God can forgive us even if we do huge sin, who am I to not to forgive? I am just a person. The third one is my soul, I want to change because I am the one who suffers when I do these things like not forgiving other people, and also these things are wrong.

In my experience I am feeling great after doing this Lectio Divina, it gave me a huge impact because I learned a lot and that things are surely used in my everyday life and in the future. When I watch the Lectio Divina on the fb at first I was good but unfortunately in the middle part my internet connection was lost so I decided to use data but the signal is poor so I decided to stop watching but after an hour our Wifi goes back to normal and I decided to watch it again on when I stop. Over all in my experience it makes me calm and happy.