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A Lectio
Divina on
Genesis 32

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READ *Genesis 32:24-32* THREE TIMES

Genesis 32:24-32

This left Jacob all alone in the camp, and a man came and wrestled with him until the dawn began to break. When the man saw that he would not win the match, he touched Jacob's hip and wrenched it out of its socket.

Then the man said, "Let me go, for the dawn is breaking!"

But Jacob said, "I will not let you go unless you bless me."

"What is your name?" the man asked.

He replied, "Jacob."

"Your name will no longer be Jacob," the man told him.

"From now on you will be called Israel, because you have fought with God and with men and have won."

"Please tell me your name," Jacob said.

"Why do you want to know my name?" the man replied. Then he blessed Jacob there.

Jacob named the place Peniel (which means "face of God"), for he said, "I have seen God face to face, yet my life has been spared."

The sun was rising as Jacob left Peniel, and he was limping because of the injury to his hip.

“...but Jacob
said, ‘I will *not*
let you go until
you *bless* me.’”

GENESIS 32:26

A Lectio Divina on Mark 5

AN *Invitation* TO REFLECTION

Spend a few minutes journaling in response to this passage:

First Reading: What if anything stands out to you? Is there a particular word or phrase?

Second Reading: As you read through it again... ask God, to what area of my life does that particular word or phrase connect?

Third Reading: And as you read a third time, be asking God, Is there an invitation for me? Is there a response of some kind that God is inviting me into?

BREATH PRAYER

Take one minute to breathe deep and know: God sees you. Right here. Right now. As you practice this breath prayer, settle into his presence, compassion, and loving gaze.

Inhale: I am not alone.

Exhale: For you are with me.

After this prayer, pause for one more minute of silence and stillness, simply listening for any guidance God's Spirit might provide today.