

Summary of the 6 Steps of a Logopraxis Cycle

The Text as the Word is the Lord Himself

STEP 1 - READ AND NOTE

In Logopraxis there is an acknowledgement that the texts of Divine Revelation are specifically formed to ground the Lord's presence within us in a way that nothing else can. Therefore, first find yourself a quiet space and give yourself a moment to clear your mind as you approach the Text. Then as you read, take note of the areas that catch your attention, record specific impressions from the Text, and list any initial insights or questions that your reading stimulates.

STEP 2 - REVIEW & SELECT

Hold these selected areas of the Text in mind over a few days, perhaps reading through them whenever you get an opportunity. You're looking to get a sense of what portion of the Text seems to resonate most strongly for you. What are you drawn to? What is reaching out to you to work with? Try to avoid analysing why at this stage. The aim is to choose something from what you noted when you first read through the Text, which will form the basis for developing a work task in Step 3.

STEP 3 - CREATING A TASK

In Logopraxis, our task is a spiritual principle/truth taken from the Text and then reframed into a form that we can engage with so that we might experience *how* it is true for us. The task therefore is about setting up a *prompt to remind us to observe* this principle in our day-to-day life. It will serve as a spiritual focus over the remainder of the 2-weeks so that we might become more aware of the thoughts and feelings that we encounter in our daily life situations and circumstances.

STEP 4 - THE TASK INTO PRACTISE AND LIVE IT!

It can be helpful to keep a journal to record your work with your task in this second week. Seek to stay conscious of what comes up in opposition to your task, as well as the task itself.

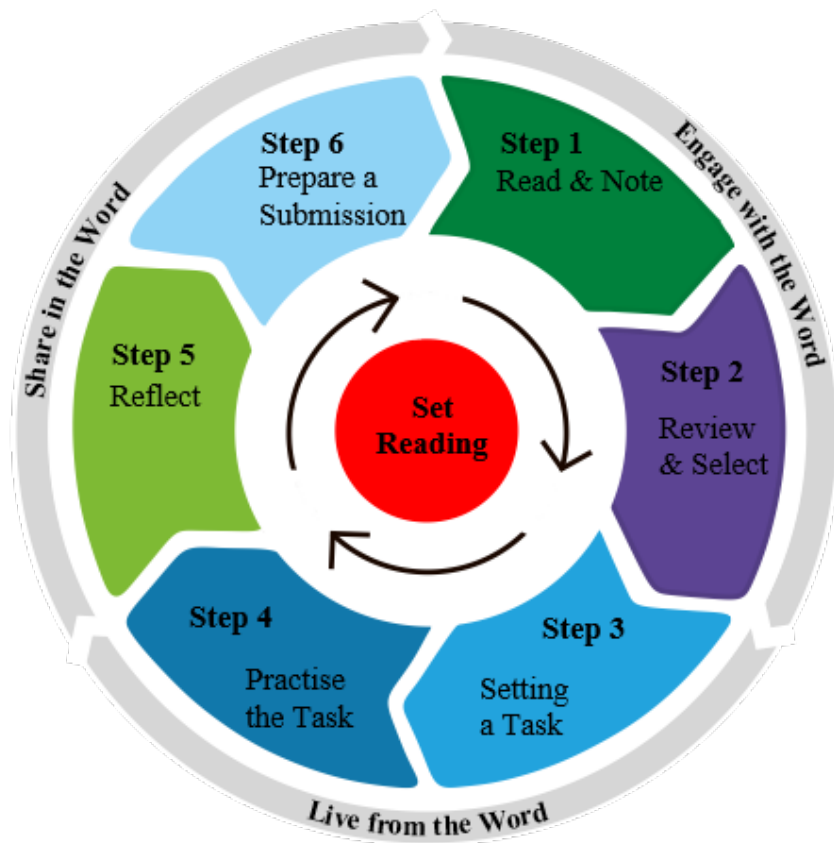
STEP 5 - REFLECT

The following questions are offered as a framework for reflecting on your experience of the task: What happened when I remembered to implement my task? What thoughts and feelings did I notice? What happened when I forgot the task, or struggled to remember it? What thoughts and feelings did I notice then? What is the Lord allowing or asking me to see? What has He taught me concerning the nature and quality of my thoughts and affections over this session? What principle/s from the Text is/are illustrated in my experience?

STEP 6 - PREPARE A SUBMISSION

Typically, a submission includes the following: 1). The number of the paragraph and the chosen piece of Text you worked with, 2). the spiritual principle and task that you drew from this and 3). a short summary of what your work revealed for you over the period. The submission describes how we experienced the Word working in us, and the material that we gather individually in our practice, when shared with our Life Group, is the Lord's gift which is given to support the spiritual lives of others in the group as well as the group as a collective whole.

**Remember - like any new practice, it can take a while to get into the rhythm of things. Walk gently with yourself through the process and trust that whatever arises is what the Lord is offering you.*



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