

## GOING DEEPER: Friday 31 March 2023

### INTRODUCTION

The Salvation Army Samoa are pleased to host you for prayers. In Samoa, the family lotu (devotional time) takes place every evening, seven days a week in every village in Samoa. Most families will meet at 6pm for family prayers together. The structure for lotu usually follows a pattern similar to this:

- **Hymn/pese:** A song to begin the evening.
- **Scripture memorisation:** Children memorise scriptures and will recite these each night.
- **Adults:** Usually Dad will ask the children questions, going deeper into the meaning of the scripture.
- **Prayer time:** Everyone prays together.
- **Benediction:** A song to end the evening.

### SPIRITUAL PRACTICE Memorisation

The desire to carry the life-shaping words of God in me at all times and in all places. We can keep company with Jesus by hiding his word in our hearts.

#### Practice includes:

- Memorising scripture, hymns, poems and quotes.
- Re-reading portions of scripture until they are committed to memory.
- Memorising scripture verses that clearly reveal God's plan of salvation.
- Learning by heart portions of scripture that encourage you when you are tempted.

(From *Spiritual Disciplines Handbook: Practices that Transform Us* by Adele Ahlberg Calhoun)

### REFLECTION SUGGESTIONS

- Try to recall favourite scriptures from memory or if scripture is new to you, write out one or two of these verses and commit to memorising them over the next week: **Psalm 23:1, Psalm 119:11, Colossians 3:16.**
- Write Bible verses you are trying to memorise on post-it notes and put them on your bathroom mirror or refrigerator. Add new verses once you know the first ones well.
- Pray with each scripture in mind—for example 'God, I thank you that you are my Good Shepherd, providing me with all I need' (Psalm 23:1), or 'Thank you Jesus that your message dwells in me as I memorise your word, may I always be an encouragement to others' (Colossians 3:16).
- If you don't already do this, consider setting aside time for your own lotu/devotional time with family members or friends each week, or maybe even each day!

- Sing a well-known hymn or worship song together to complete your evening prayers.

### PRAYER

Dearest Jesus,

As I pray today, please bring to mind scriptures I have read and learned in the past. Lord, I confess, that sometimes my mind is so busy, your precious word slips away from me. Forgive me. I want to draw near to you today through the spiritual practice of memorisation. Give me strength and self-discipline to hide your word in my heart and draw on its strength even when my Bible is not right in front of me. If I am new to your scriptures, I pray for someone to talk with and encourage me on my spiritual walk. May we each support each other to know your truths deep within our spirit as your beautiful Agaga Paia (Holy Spirit) leads, guides and comforts us. We pray fa'afetai Iesu (thank you Jesus).

Amene.