



This week and next we are going to use the spiritual practice called Lectio Divina, which is Latin for “sacred reading,” to help us sit with a Psalm each morning. Lectio Divina is an ancient practice of quiet prayer and reflection, reading scripture and listening to the voice of God, dating back to about 300 AD.

Remember:

- Posture is important. Sit straight up, feet on the floor, hands in your lap or to your sides. This is important to attentive listening. While this process can be restful, it is a time to be attentive to God’s voice.
- This time is your gift to God. It’s not about whether you get something out of it or not. Don’t be discouraged if you don’t “get it.”
- Your mind will wander. Recognize that this happens, even to those who practice Lectio often. When you catch yourself, refocus and continue. They don’t call them “spiritual practices” for nothing!

The Kingdom Shakedown

This week and next week we will be looking closer at what’s left behind after the shakedown. For our devotions, we will spend time sitting with a Psalm. Our theme passage talks about the voice of God and how it shook the earth. We know that the voice that called the world into order speaks to us! Let’s hear what the Psalmist David noticed about the voice of the Lord.

Psalm 29

- 1 Ascribe to the Lord, you heavenly beings,
ascribe to the Lord glory and strength.*
- 2 Ascribe to the Lord the glory due his name;
worship the Lord in the splendor of his holiness.*
- 3 The voice of the Lord is over the waters;
the God of glory thunders,
the Lord thunders over the mighty waters*
- 4 The voice of the Lord is powerful;
the voice of the Lord is majestic.*
- 5 The voice of the Lord breaks the cedars;
the Lord breaks in pieces the cedars of Lebanon.*
- 6 he makes Lebanon leap like a calf,
Sirion like a young wild ox.*
- 7 The voice of the Lord strikes
with flashes of lightning.*
- 8 The voice of the Lord shakes the desert
the Lord shakes the Desert of Kadesh.*
- 9 The voice of the Lord twists the oaks
and strips the forests bare
and in his temple all cry, “Glory!”*
- 10 The Lord sits enthroned over the flood;
the Lord is enthroned as King forever.*
- 11 The Lord gives strength to his people;
the Lord blesses his people with peace.*

LECTIO – Read (5 minutes)

Psalm for today: Psalm 29

READ through the psalm many times.

LOOK for a specific word or phrase that catches your attention.

Word or phrase: _____

MEDITATIO – Think (5-10 minutes)

“Meditate” literally means “to gnaw”, as a dog gnaws on a bone. **ACTIVELY THINK** about your word or phrase.

ASK “Why is it important?” “How does it make me feel?”

LOOK at the word or phrase from different angles. “Shine a spotlight on it, Lord!”

You can write notes below.

ORATIO – Pray (5 minutes)

ASK “God, why did you give me this word?” “Why do I feel this way about this phrase?”

LISTEN for a response. Follow your active thoughts (not your distraction thoughts).

BE PATIENT.

CONTEMPLATIO – Live (5-10 minutes)

REST in the love and presence of God, feel his closeness.

THANK God for this word.