



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 Received

What do you think God does up there in Heaven? What I notice the most about this Psalm is that every one of the traits the Psalmist states about God is just as true today as it was the thousands of years ago when it was written. Have you ever considered these things before? We serve a God who is constantly active within his Kingdom.

### **Psalm 111**

*<sup>1</sup> Praise the Lord.*

*I will extol the Lord with all my heart  
in the council of the upright and in the assembly.*

*<sup>2</sup> Great are the works of the Lord;  
they are pondered by all who delight in them.*

*<sup>3</sup> Glorious and majestic are his deeds,  
and his righteousness endures forever.*

*<sup>4</sup> He has caused his wonders to be remembered;  
the Lord is gracious and compassionate.*

*<sup>5</sup> He provides food for those who fear him;  
he remembers his covenant forever.*

*<sup>6</sup> He has shown his people the power of his works,  
giving them the lands of other nations.*

*<sup>7</sup> The works of his hands are faithful and just;  
all his precepts are trustworthy.*

*<sup>8</sup> They are established for ever and ever,  
enacted in faithfulness and uprightness.*

*<sup>9</sup> He provided redemption for his people;  
he ordained his covenant forever— holy and awesome is his name.*

*<sup>10</sup> The fear of the Lord is the beginning of wisdom;  
all who follow his precepts have good understanding. To him belongs eternal praise.*

## LECTIO – Read (5 minutes)

**Psalm for today:** Psalm 111

**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.

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## 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.**

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## CONTEMPLATIO – Live (5-10 minutes)

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

**THANK** God for this word.