



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 Secure

Psalm 16 is my favorite psalm. For years I battled with anxiety. My mind would spin, my heart would race and I would feel sick to my stomach. Psalm 16 grounds me. When I read it, I feel secure. “I will keep my eyes always on the Lord. With him at my right hand, I will not be shaken.” I feel like I can trust God. His promise to be with us at every moment seems to linger behind the words in this Psalm. When we are with him we become an unshakable piece of the Kingdom.

Psalm 16

- 1 Keep me safe, my God, for in you I take refuge.*
- 2 I say to the Lord, “You are my Lord;
apart from you I have no good thing.”*
- 3 I say of the holy people who are in the land,
“They are the noble ones in whom is all my delight.”*
- 4 Those who run after other gods will suffer more and more.
I will not pour out libations of blood to such gods or take up their names on my lips.*
- 5 Lord, you alone are my portion and my cup;
you make my lot secure.*
- 6 The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.*
- 7 I will praise the Lord, who counsels me;
even at night my heart instructs me*
- 8 I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.*
- 9 Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,*
- 10 because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.*
- 11 You make known to me the path of life;
you will fill me with joy in your presence, with eternal pleasures at your right hand.*

LECTIO – Read (5 minutes)

Psalm for today: Psalm 16

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.