



This week 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 Habits

The Unshakable Kingdom defines our worship.

We worship a King! And not just any king, THE Unshakable King!

Psalm 47

- 1 Clap your hands, all you nations;
shout to God with cries of joy.*
- 2 For the Lord Most High is awesome,
the great King over all the earth.*
- 3 He subdued nations under us,
peoples under our feet*
- 4 He chose our inheritance for us,
the pride of Jacob, whom he loved.*
- 5 God has ascended amid shouts of joy,
the Lord amid the sounding of trumpets.*
- 6 Sing praises to God, sing praises;
sing praises to our King, sing praises.*
- 7 For God is the King of all the earth;
sing to him a psalm of praise.*
- 8 God reigns over the nations;
God is seated on his holy throne*
- 9 The nobles of the nations assemble
as the people of the God of Abraham for the kings of the earth belong to God;
he is greatly exalted.*

LECTIO – Read (5 minutes)

Psalm for today: Psalm 47

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.