



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 Choice

One of my good friends died in a car accident not long after we graduated from high school. It was the first half of Psalm 84:10 that I kept telling myself as we learned to live life without her around. “Better is one day in your courts than a thousand elsewhere...” I knew she had accepted to live as part of the Unshakable Kingdom and that – in life and in death – she was a part of it.

Psalm 84

- 1 How lovely is your dwelling place, Lord Almighty!*
- 2 My soul yearns, even faints for the courts of the Lord;
my heart and my flesh cry out for the living God.*
- 3 Even the sparrow has found a home
and the swallow a nest for herself, where she may have her young—
a place near your altar, Lord Almighty, my King and my God.*
- 4 Blessed are those who dwell in your house;
they are ever praising you.*
- 5 Blessed are those whose strength is in you,
whose hearts are set on pilgrimage.*
- 6 As they pass through the Valley of Baka,
they make it a place of springs the autumn rains also cover it with pools.*
- 7 They go from strength to strength,
till each appears before God in Zion.*
- 8 Hear my prayer, Lord God Almighty;
listen to me, God of Jacob.*
- 9 Look on our shield, O God;
look with favor on your anointed one.*
- 10 Better is one day in your courts than a thousand elsewhere;
than dwell in the tents of the wicked.*
- 11 For the Lord God is a sun and shield;
the Lord bestows favor and honor;
no good thing does he withhold from those whose walk is blameless.*
- 12 Lord Almighty, blessed is the one who trusts in you.*

LECTIO – Read (5 minutes)

Psalm for today: Psalm 84

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.