



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 Unshakable Kingdom

Thankfulness is a Kingdom Habit we are called to embody as residents of the Unshakable Kingdom. As we ready ourselves for the end of SERVE, let’s use this Psalm to praise him.

Psalm 100

A psalm. For giving grateful praise.

- 1 Shout for joy to the Lord, all the earth.*
- 2 Worship the Lord with gladness;
come before him with joyful songs.*
- 3 Know that the Lord is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.*
- 4 Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.*
- 5 For the Lord is good and his love endures forever;
his faithfulness continues through all generations.*

LECTIO – Read (5 minutes)

Psalm for today: Psalm 100

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.