

LECTIO DIVINA

Sit comfortably at a desk or table. Have your handout and pen or pencil nearby. Prepare yourself to hear God's word by taking time to center yourself with a SELAH moment.

SELAH

Stop – Stop whatever you're doing ... especially your worrying ... and just rest comfortable in the presence of God. Recognize that God is with you and that God loves you.

Exhale – Take a couple of deep breaths ... breathing in God's Spirit that surrounds you. Hold the breath a second and then breathe out just deeply all your fears and worries. Imagine God's Spirit actually entering into your lungs with healing and peace.

Lean In – Be alert to God's presence, paying careful attention to what you're feeling and how God is reaching out to you through this text.

Ask – In this moment before you engage the text, ask God to help you be open and aware to what God wants you to experience in this time of prayerful reading. Ask God for focus so that you don't miss one thing God has for you today.

Hear – Now, you're ready to begin Lectio Divina (Divine Reading). Listen for God's still small voice as you read and pray this passage:

LECTIO DIVINA

Lectio (Read) -- When on your own, read the passage aloud a couple of times just to get the feel of the text and an understanding of what it is about.

- 1 The LORD is my shepherd, I shall not want.
- 2 He makes me lie down in green pastures;
he leads me beside still waters;^a
- 3 he restores my soul.^b
He leads me in paths of righteousness^c
for his name's sake.
- 4 Even though I walk through the valley of the shadow of death,^d
I fear no evil;
for thou art with me;
thy rod and thy staff—
they comfort me.
- 5 Thou preparest a table before me
in the presence of my enemies;
you anointest my head with oil;
my cup overflows.
- 6 Surely^e goodness and mercy^f shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
for ever.^g

^a Heb *the waters of rest*

^b Or *life*

^c Or *right paths*

^d Or *the valley of deep darkness*

^e Or *Only*

^f Or *kindness*

^g Or *as long as I live*

Meditatio (Meditate) – Read the passage aloud a third time but listen for a word or phrase that seems to jump out at you or touch you in some way. Write down the word or phrase in the space below. Repeat that word or phrase several times. How does that word or phrase speak to your current situation? What is God saying to you in that word or phrase?

Oratio (Pray) – Read the passage a fourth time but pay attention to what is going on inside you. What feelings do you have in response to this word or phrase from God? Thanksgiving? Praise? Or is there something you need from God that you weren't aware of before? Write your prayerful response or request in the space below:

Contemplatio (Contemplation) – Read the passage one last time and listen for what it asks of you. What changes in your life or way of thinking are you asked to make? How can you better trust your Shepherd?

End your time of prayer by praying the Lord's Prayer:

Our Father who art in heaven, hallowed be your name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory forever. Amen.

Other Passages for praying Lectio Divina:

- Psalm 139:7-12
- Matthew 6:25-34
- Mark 4:35-41
- Romans 8:31-39
- 1 Corinthians 1:1-13