

MEDITATE

& memorize

study guide

Day 1

READ

Lectio

Psalm 37:1-6

*consider reading in more than one translation

Read the passage slowly aloud three times, pausing to meditate and respond each time.

REFLECT

Meditatio

Notice any words, phrases or ideas that catch your attention. What questions does this bring up? Notice any connections and allusions to other parts of scripture.

RESPOND

Oratio

1st time - What word, phrase, or idea stood out to you? Note what emotions reading this passage brings up. Pay attention to the way you bring yourself and your experiences to the text.

2nd time - What words, metaphors, imagery, or parallelism stands out to you? Take note of anything that seem odd or unfamiliar? Are there any words or concepts you would like to explore more?

3rd time - Talk back to God in prayer. What questions do you have? What truths are you being reminded of? Use the text as starting point for talking with God.

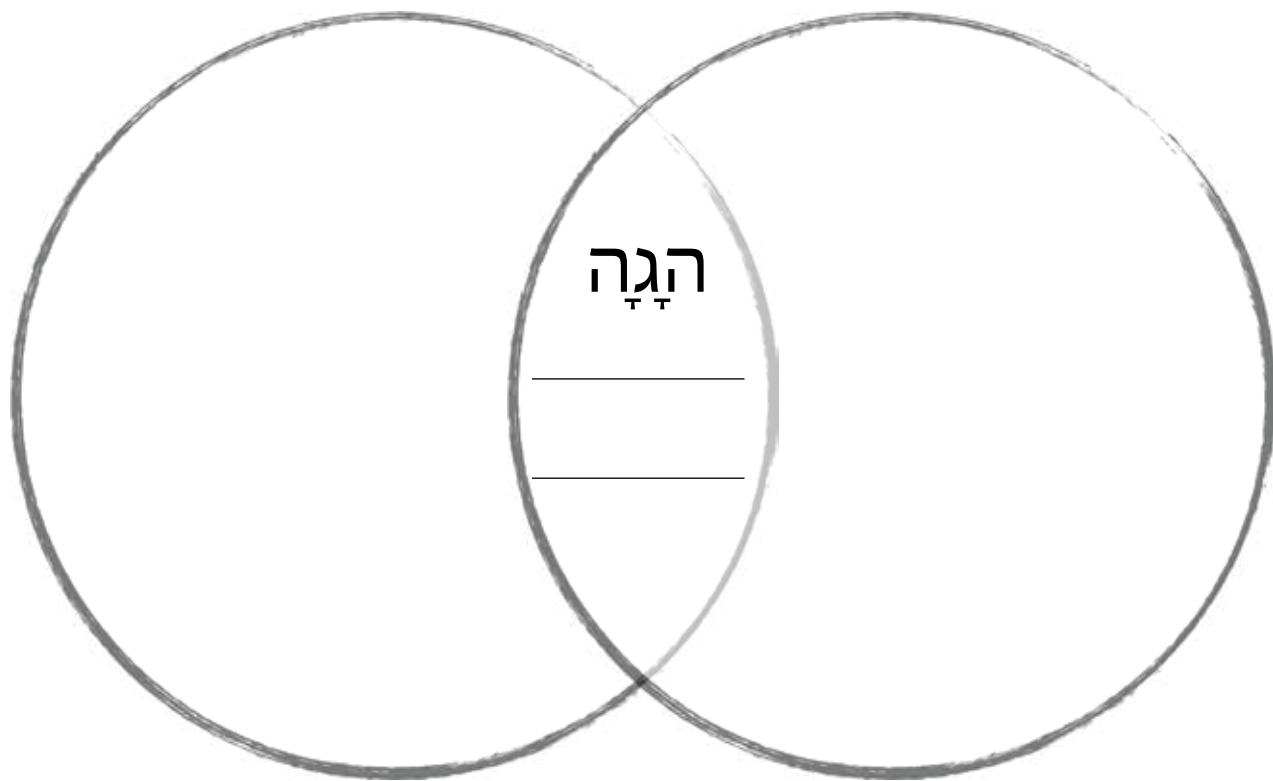
**Choose one word, metaphor, or idea to meditate on throughout the rest of your day.*

MEDITATE

& memorize

session guide

WHAT IS MEDITATION?

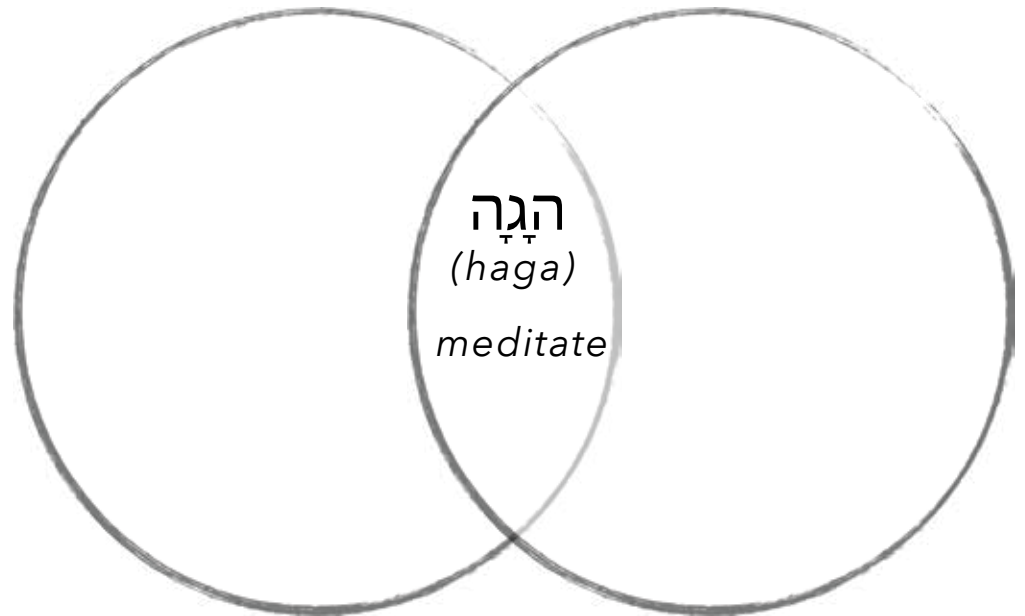


PSALM 1

MEDITATE

& memorize

WHAT IS MEDITATION?



Psalm 1

ANCIENT PRACTICE - MODERN CHALLENGE

Lectio Read the passage slowly aloud

Meditatio Notice any words, phrases or ideas that catch your attention. What questions does this bring up? Notice any connections and allusions to other parts of scripture.

Oratio 1st time - Write down your initial thoughts or observations.
2nd time - Talk with others about what you noticed - or note what emotions reading brings up.
3rd time - Talk back to God in prayer. What questions do you have? What truths are you being reminded of? Use the text as starting point for talking with God.

MEDITATE

& memorize

session guide

ANCIENT PRACTICE - MODERN CHALLENGE

Read the passage slowly aloud.

Notice any words, phrases or ideas that catch your attention. What questions does this bring up? Notice any connections and allusions to other parts of scripture.

1st time - Write down your initial thoughts or observations.

2nd time - Talk with others about what you noticed - or note what emotions reading brings up.

3rd time - Talk back to God in prayer. What questions do you have? What truths are you being reminded of? Use the text as starting point for talking with God.

MEDITATE

& memorize

study guide

Day 2

READ

Lectio

Psalm 37:7-15

*consider reading in more than one translation

Read the passage slowly aloud three times, pausing to meditate and respond each time.

REFLECT

Meditatio

Notice any words, phrases or ideas that catch your attention. What questions does this bring up? Notice any connections and allusions to other parts of scripture.

RESPOND

Oratio

1st time - What word, phrase, or idea stood out to you? Note what emotions reading this passage brings up. Pay attention to the way you bring yourself and your experiences to the text.

2nd time - What words, metaphors, imagery, or parallelism stands out to you? Take note of anything that seem odd or unfamiliar? Are there any words or concepts you would like to explore more?

3rd time - Talk back to God in prayer. What questions do you have? What truths are you being reminded of? Use the text as starting point for talking with God.

**Choose one word, metaphor, or idea to meditate on throughout the rest of your day.*

MEDITATE

& memorize

study guide

Day 3

READ

Lectio

Psalm 37:16-22

*consider reading in more than one translation

Read the passage slowly aloud three times, pausing to meditate and respond each time.

REFLECT

Meditatio

Notice any words, phrases or ideas that catch your attention. What questions does this bring up? Notice any connections and allusions to other parts of scripture.

RESPOND

Oratio

1st time - What word, phrase, or idea stood out to you? Note what emotions reading this passage brings up. Pay attention to the way you bring yourself and your experiences to the text.

2nd time - What words, metaphors, imagery, or parallelism stands out to you? Take note of anything that seem odd or unfamiliar? Are there any words or concepts you would like to explore more?

3rd time - Talk back to God in prayer. What questions do you have? What truths are you being reminded of? Use the text as starting point for talking with God.

**Choose one word, metaphor, or idea to meditate on throughout the rest of your day.*

MEDITATE

& memorize

study guide

Day 4

READ

Lectio

Psalm 37:23-26

*consider reading in more than one translation

Read the passage slowly aloud three times, pausing to meditate and respond each time.

REFLECT

Meditatio

Notice any words, phrases or ideas that catch your attention. What questions does this bring up? Notice any connections and allusions to other parts of scripture.

RESPOND

Oratio

1st time - What word, phrase, or idea stood out to you? Note what emotions reading this passage brings up. Pay attention to the way you bring yourself and your experiences to the text.

2nd time - What words, metaphors, imagery, or parallelism stands out to you? Take note of anything that seem odd or unfamiliar? Are there any words or concepts you would like to explore more?

3rd time - Talk back to God in prayer. What questions do you have? What truths are you being reminded of? Use the text as starting point for talking with God.

**Choose one word, metaphor, or idea to meditate on throughout the rest of your day.*

MEDITATE

& memorize

study guide

Day 5

READ

Lectio

Psalm 37:27-34

*consider reading in more than one translation

Read the passage slowly aloud three times, pausing to meditate and respond each time.

REFLECT

Meditatio

Notice any words, phrases or ideas that catch your attention. What questions does this bring up? Notice any connections and allusions to other parts of scripture.

RESPOND

Oratio

1st time - What word, phrase, or idea stood out to you? Note what emotions reading this passage brings up. Pay attention to the way you bring yourself and your experiences to the text.

2nd time - What words, metaphors, imagery, or parallelism stands out to you? Take note of anything that seem odd or unfamiliar? Are there any words or concepts you would like to explore more?

3rd time - Talk back to God in prayer. What questions do you have? What truths are you being reminded of? Use the text as starting point for talking with God.

**Choose one word, metaphor, or idea to meditate on throughout the rest of your day.*

MEDITATE

& memorize

study guide

Day 6

READ

Lectio

Psalm 37:35-40

*consider reading in more than one translation

Read the passage slowly aloud three times, pausing to meditate and respond each time.

REFLECT

Meditatio

Notice any words, phrases or ideas that catch your attention. What questions does this bring up? Notice any connections and allusions to other parts of scripture.

RESPOND

Oratio

1st time - What word, phrase, or idea stood out to you? Note what emotions reading this passage brings up. Pay attention to the way you bring yourself and your experiences to the text.

2nd time - What words, metaphors, imagery, or parallelism stands out to you? Take note of anything that seem odd or unfamiliar? Are there any words or concepts you would like to explore more?

3rd time - Talk back to God in prayer. What questions do you have? What truths are you being reminded of? Use the text as starting point for talking with God.

**Choose one word, metaphor, or idea to meditate on throughout the rest of your day.*