

COMMISSIONED

THE ART OF LIVING OUT THE WORDS, WAYS, & MISSION OF JESUS

3.3 Guided Activity

Lectio Divina

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Lectio Divina, which is Latin for divine reading is a contemplative practice where you read over scripture four times each with a different intent. First intent is reading, and then we go into listening, then prayer, and then resting in the passage. So today, we'll just jump right into it, and you'll join me as we'll read over scripture and meditate on the words of Jesus together.

Holy spirit, we just ask that you come alongside of us and illuminate the text to our hearts and our minds. Amen.

Let's dive in Psalm 1 verses 1 to 3. "Blessed is the man who walks not in the council of the ungodly nor stands in the path of sinners, nor sits in the seat of the scornful, but his delight is in the law of the Lord, and in his law, he meditates day and night. He shall be like a tree planted by the rivers of water that bring forth its fruit in its season, whose leaves shall also not wither, and whatever he does shall prosper." Psalm 1 verses 1 to 3.

Let's take a minute of silence, and as we sit in that silence, I ask you what words or phrases were standing out to you.

Now that we've read the passage, think through what words or phrases stuck out to you and write them down. We'll take a moment of silence here.

Psalm 1 verses 1 to 3: "Blessed is the man who walks not in the council of the ungodly nor stands in the path of sinners, nor sits in the seat of the scornful, but his delight is in the law of the Lord, and in his law, he meditates day and night. He shall be like a tree planted by the rivers of water that does bring forth its fruit in its season, whose leaves also shall not wither, and whatever he

does shall prosper." Psalm 1 verses 1 to 3. And now as we enter into silence, think through what spirit may be speaking regarding this passage and write that down. We'll take a moment of silence here.

Psalm 1 verses 1 to 3: "Blessed is the man who walks not in the council of the ungodly nor stands in the path of sinners, nor sits in the seat of the scornful, but his delight is in the law of the Lord, and in his law, he meditates day and night. He shall be like a tree planted by the rivers of water that bring forth its fruit in its season, whose leaves also shall not wither, and whatever he does shall prosper." Psalm 1 verses 1 to 3. And as we enter into our moment of silence, think through any questions, memories, images, or stories that come to mind.

Psalm 1 verses 1 to 3: "Blessed is the man who walks not in the council of the ungodly nor stands in the path of sinners, nor sits in the seat of the scornful, but his delight is in the law of the Lord, and in his law, he meditates day and night. He shall be like a tree planted by the rivers of water that bring forth its fruit in its season, whose leaves also shall not wither, and whatever he does shall prosper." Psalm 1 verses 1 to 3. And now here, there's no agenda. Let's simply take an extended period of silence and rest in the words and the truth found in this passage.

Thanks for joining me today as we step into the practice of Lectio Divina. Don't forget, whatever the spirit is stirring within you, write it down, keep a record, but I'm looking forward to hearing how spirit has been speaking to you.