

# ENGAGE WITH GOD THROUGH PRAYER

An Abiding Practice Resource



## ENGAGING WITH GOD THROUGH LECTIO DIVINA

Lectio Divina simply means "sacred reading." It's an ancient Christian practice of reading, meditating on, and praying with Scripture to foster a deeper connection with God.

*"Just imagine how different your life would be if, moment by moment, you were constantly open to God. Think of how much your experience of yourself, others, and the world would change if you were continuously attuned to the loving presence of God and allowed the life of God to flow into and through you with each breath." - David Brenner*

### Why Practice Lectio Divina?

- To cultivate a **thriving** rather than stale prayer life
- To grow in **love for God and others**
- To fight against chronic **busyness** that disconnects us from God
- To produce the **fruit of the Spirit** (Galatians 5:22-25)
- To intentionally **pause** and hear from God

### Four Movements of Lectio Divina

*"The point is not to empty the mind, but to fill our minds with the glory of God."*

#### 1. PAUSE

- Declutter your mind and soul
- Enter into God's presence
- Use a breath prayer (e.g., "God is our refuge and strength, a very present help in trouble" - Psalm 46:1)
- Re-center your scattered senses upon God

#### 2. READ & REFLECT

- Read a chosen Scripture passage
- Engage all your senses with the text
- Notice what word or phrase stands out
- Read again, reflecting more deeply
- Be curious—ask "why?"

#### 3. ASK

- Approach God's throne boldly
- Bring your requests to God (petition)
- Pray for others (intercession)
- Express repentance and faith
- Remember: "Ask, seek, knock" (Matthew 7:7)

## 4. YIELD

- Slow down and be present with God
- Thank and praise God
- Re-commit yourself to God
- Listen for guidance on how to grow in obedience
- Respond to God's love and will for your life

## Practice Using P.R.A.Y. with Psalm 46 (ESV)

### Psalm 46

*1 God is our refuge and strength,  
a very present help in trouble.  
2 Therefore we will not fear though the  
earth gives way,  
though the mountains be moved into the  
heart of the sea,  
3 though its waters roar and foam,  
though the mountains tremble at its  
swelling.  
4 There is a river whose streams make glad  
the city of God,  
the holy habitation of the Most High.  
5 God is in the midst of her; she shall not be  
moved;  
God will help her when morning dawns.  
6 The nations rage, the kingdoms totter;*

*he utters his voice, the earth melts.  
7 The Lord of hosts is with us;  
the God of Jacob is our fortress.*

*8 Come, behold the works of the Lord,  
how he has brought desolations on the  
earth.  
9 He makes wars cease to the end of the  
earth;  
he breaks the bow and shatters the spear;  
he burns the chariots with fire.  
10 "Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!"  
11 The Lord of hosts is with us;  
the God of Jacob is our fortress.*

## PAUSE

- Take several deep breaths
- Breath Prayer:
  - Breathe in: "My refuge and strength"
  - Breathe out: "My very present help"
- Allow 1-2 minutes of silence to center yourself

## READ & REFLECT

- Read Psalm 46 slowly, twice
- What words or phrases stand out to you?
- Notice the images: mountains moving, waters roaring, nations raging
- Feel the contrast between chaos and God's steadfast presence
- Circle or underline words that resonate with you
- How does God reveal himself in this Psalm?

## ASK

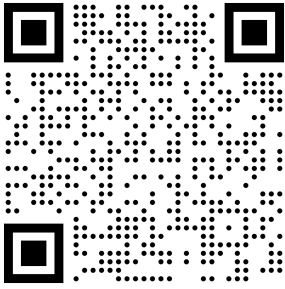
- What situations in your life need God as a "refuge and strength"?
- Where do you need to trust that God "will not be moved"?
- What "wars" in your life need God to make cease?
- Pray for yourself and others who need God's protection and peace

## YIELD

- Sit silently with verse 10: "Be still, and know that I am God"
- Surrender your anxieties and need for control
- Commit to remembering that "the Lord of hosts is with us"
- How might God be calling you to live differently today?

*"The point is not to empty the mind, but to fill our minds with the glory of God."*

## RESOURCES



### **Lectio365 App**

A daily devotional app that guides you through the practice of Lectio Divina.

## Recommended Reading

- *Sacred Reading: The Ancient Art of Lectio Divina* by David Brenner
  - *Celebration of Discipline* by Richard Foster
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