

Lectio Divina

Psalm 16 (The Message)

Lectio Divina

“As we make ourselves open and available to God through this practice, the Scriptures will penetrate to our very depths, showing us those things about ourselves that we are incapable of knowing on our own due to our well-developed defense structures. In the context of such radical self-knowledge, God will invite us into our next steps with him or touch us with his healing grace. Invariably he communicates his love for us in ways that we can hear and experience beyond cognitive knowing (through Lectio Divina).”

- Ruth Haley Barton

Lectio Divina

Psalm 16 (The Message)

*Keep me safe, O God,
I've run for dear life to you.
I say to God, "Be my Lord!"
Without you, nothing makes sense.
And these God-chosen lives all around—
what splendid friends they make!
Don't just go shopping for a god.
Gods are not for sale.
I swear I'll never treat god-names
like brand-names.*

- Psalm 16

*⁵ My choice is you, God, first and only.
And now I find I'm your choice!
You set me up with a house and yard.
And then you made me your heir!
The wise counsel God gives when I'm awake
is confirmed by my sleeping heart.
Day and night I'll stick with God;
I've got a good thing going and I'm not letting go.*

- Psalm 16

*⁹ I'm happy from the inside out,
and from the outside in, I'm firmly formed.
You canceled my ticket to hell—
that's not my destination!
Now you've got my feet on the life path,
all radiant from the shining of your face.
Ever since you took my hand,
I'm on the right way.*

- Psalm 16