A Reflective Prayer Reading To Try

by Cathy Baker

One way we can immerse our hearts and minds in Scripture is to try Lectio-Divina, which literally means "divine reading". This way of reading the Word simply helps us to slow down and to savor all God has for us by reading, reflecting, responding, and resting.

Let's begin by reading through the following passage. Listen carefully for any words, phrases, or verses that catch your attention and mark them with a pen or highlighter. See how the Holy Spirit gently leads you.

{Read}

Psalm 119: 33-40.

33 Teach me, Lord, the way of your decrees,
   that I may follow it to the end.
34 Give me understanding, so that I may keep your law
   and obey it with all my heart.
35 Direct me in the path of your commands,
   for there I find delight.
36 Turn my heart toward your statutes
   and not toward selfish gain.
37 Turn my eyes away from worthless things;
   preserve my life according to your word.
38 Fulfill your promise to your servant,
   so that you may be feared.
39 Take away the disgrace I dread,
   for your laws are good.
40 How I long for your precepts!
   In your righteousness preserve my life.

[Bible Gateway]

{Reflect}

Re-read the words, phrases, or verses that you highlighted or marked from Psalm 119. As you do, ask God to help you focus on what He might be trying to show you. Remain quiet and open to what the Lord has for you in the words, phrases, or verses.

{Respond}

Re-read Psalm 119: 33-40 aloud. Converse with God about what you've read and what you think He may be revealing to you, making sure that it lines up with His Word. You may have questions you'd like to jot down. Spend time with God in prayer and/or journaling your response to this time in His Word.

{Rest}

Close your time in silence with no other desire than to be quiet before the Lord.

There's a reason why Christians have used this prayerful practice of reading the living and active Word of God for many years. It's a beautiful way to slow down and immerse ourselves in truth and in God's presence.