

Lectio Divina

– Meditating on Scripture –

1

Read

What does it say?

*God is our refuge and strength,
always ready to help in times of trouble.
So we will not fear when earthquakes come
and the mountains crumble into the sea.*

Let the oceans roar and foam.

Let the mountains tremble as the waters surge!

– Psalm 46:1-3 (NLT)

2

Reflect

What sticks out to you?

3

Respond

What do you want to say to God?

4

Rest

What does God want to say to you?

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– Meditating on Scripture –

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Read

What does it say?

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

– Matthew 11:28-30 (MSG)

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What does it say?

*O Lord, I have so many enemies;
so many are against me.
So many are saying,
“God will never rescue him!”*

*But you, O Lord, are a shield around me;
you are my glory, the one who holds my head high.
I cried out to the Lord,
and he answered me from his holy mountain.*

– Psalm 3:1-4 (NLT)

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What does it say?

A huge storm came up. Waves poured into the boat, threatening to sink it. And Jesus was in the stern, head on a pillow, sleeping! They roused him, saying, "Teacher, is it nothing to you that we're going down?" Awake now, he told the wind to pipe down and said to the sea, "Quiet! Settle down!" The wind ran out of breath; the sea became smooth as glass. Jesus reprimanded the disciples: "Why are you such cowards? Don't you have any faith at all?" They were in absolute awe, staggered. "Who is this, anyway?" they asked. "Wind and sea at his beck and call!"

– Mark 4:37-41 (MSG)

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*The heavens proclaim the glory of God.
The skies display his craftsmanship.
Day after day they continue to speak;
night after night they make him known.
They speak without a sound or word;
their voice is never heard.*

*Yet their message has gone throughout the earth,
and their words to all the world.
God has made a home in the heavens for the sun.*

– Psalm 19:1-4 (NLT)

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The angel of God appeared to [Moses] in flames of fire blazing out of the middle of a bush. He looked. The bush was blazing away but it didn't burn up. Moses said, "What's going on here? I can't believe this! Amazing! Why doesn't the bush burn up?" God saw that he had stopped to look. God called to him from out of the bush, "Moses! Moses!" He said, "Yes? I'm right here!"

– Exodus 3:2-4 (MSG)

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What does it say?

*The Lord is my shepherd; I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul.*

*He leads me in paths of righteousness
for his name's sake.*

– Psalm 23:1-3 (ESV)

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What does it say?

Father, may your name be kept holy.

May your Kingdom come soon.

*Give us each day the food we need,
and forgive us our sins,*

*He leads me in paths of righteousness
for his name's sake.*

– Luke 11:2-4 (NLT)

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What does it say?

*I waited patiently for the Lord to help me,
and he turned to me and heard my cry.
He lifted me out of the pit of despair,
out of the mud and the mire.
He set my feet on solid ground
and steadied me as I walked along.*

*He has given me a new song to sing,
a hymn of praise to our God.
Many will see what he has done and be amazed.
They will put their trust in the Lord.*

– Psalm 40:1-3 (NLT)

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What I'm trying to do here is get you to relax, not be so preoccupied with getting so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep yourself in God-reality, God-initiative, God-provisions. You'll find all your everyday human concerns will be met. Don't be afraid of missing out.

– Luke 12:29-32 (MSG)

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