

Monastic Lectio Divina

Psalm 22

My God, my God, why have you forsaken me?

Why are you so far from helping me, from the words of my groaning?

² O my God, I cry by day, but you do not answer;
and by night, but find no rest.

³ Yet you are holy,
enthroned on the praises of Israel.

⁴ In you our ancestors trusted;
they trusted, and you delivered them.

⁵ To you they cried, and were saved;
in you they trusted, and were not put to shame.

⁶ But I am a worm, and not human;
scorned by others, and despised by the people.

⁷ All who see me mock at me;
they make mouths at me, they shake their heads;

⁸ "Commit your cause to the Lord; let him deliver—
let him rescue the one in whom he delights!"

⁹ Yet it was you who took me from the womb;
you kept me safe on my mother's breast.

¹⁰ On you I was cast from my birth,
and since my mother bore me you have been my God.

¹¹ Do not be far from me,
for trouble is near
and there is no one to help.

Moment One: (Lectio) Read the Scripture passage for the first time. Listen with the "ear of your heart." What phrase, sentence or even one word stands out to you? Begin to repeat that phrase, sentence or one word over and over, allowing it to settle deeply in your heart. Simply return to the repetition of the phrase, sentence or one word, savoring it in your heart.

This word or phrase spoke to me:

Moment Two: (Meditatio) Reflect, relish the words. Let them resound in your heart. Let an attitude of quiet receptiveness permeate the prayer time. Be attentive to what speaks to your heart.

Moment Three: (Oratio) Respond spontaneously as you continue to listen to a phrase, sentence or word. A prayer of praise, thanksgiving or petition may arise. Offer that prayer, and then return to repeating the word in your heart.

Moment Four: (Contemplatio) Rest in God. Simply "be with" God's presence as you open yourself to a deeper hearing of the Word of God. If you feel drawn back to the scriptures, follow the lead of the Spirit.

Scholastic Lectio Divina

Psalm 23 (from The Message)

¹⁻³ God, my shepherd!

I don't need a thing.

You have bedded me down in lush meadows,
you find me quiet pools to drink from.

True to your word,
you let me catch my breath
and send me in the right direction.

⁴ Even when the way goes through
Death Valley,

I'm not afraid
when you walk at my side.

Your trusty shepherd's crook
makes me feel secure.

⁵ You serve me a six-course dinner
right in front of my enemies.

You revive my drooping head;
my cup brims with blessing.

⁶ Your beauty and love chase after me
every day of my life.

I'm back home in the house of God
for the rest of my life.

Step One: **Read** the passage, encouraging everyone to listen with the "ear of their heart." What phrase, sentence or even one word stands out to you?

This word or phrase spoke to me:

Step Two: Read the passage again and **Reflect** on the word of God. Encourage everyone to be aware of what touches them, a thought or reflection that is meaningful. Allow a minute or two of silence.

This was meaningful to me:

Step Three: Read the passage again and **Respond** spontaneously to the word of God. Be aware of any prayer that rises up within that expresses the experience. Allow a minute or two of silence.

LECTIO DIVINA PRACTICE SHEET

Step Four: Read the passage a final time and **Rest** in the word, reflect or pray and allow God to speak in the silence. Allow three or four minutes of silence.

To Extend the Practice: After the resting, take the phrase, sentence, or word into your daily activity and listen to it, reflect on it, pray over it, and rest in it as time allows during the day. Allow it to become part of you.