

:: Spiritual/Sacred Reading :: Lectio Divina

Move One: (Stop) for a moment, sit still, relax in silence. Ask God to prepare your heart to encounter him in the texts of Scripture.

Move Two: (Read) the Scripture passage out loud one time. Then read again 3-4 more times in a slow and prayerful manner. Make observations of the text. What phrase, sentence or even one word stands out to you? What questions does it raise?

Move Three: (Reflect), ponder, chew on, and relish the words. Let them resound in your heart. Be attentive to what speaks to your heart and mind. What do you sense from God, or about ourselves from these words?

Move Four: (Pray) and engage in conversation with God as you continue to reflect on a phrase, sentence or word. A prayer of praise, thanksgiving, confession, or petition may arise. Offer that prayer, and then return to repeating the word in your heart. Take note of what God has brought to the surface in your praying.

Move Five: (Live) consider how this time with God translates into obedience and living well. What is God asking of me? What is God asking me to “put to death” or “put on” in Christ (see Col. 3:1-17)?

:: Scripture Texts :: Ascent Psalms :: Start Sunday, April 7th

Week 1: Ps. 120	Week 6: Ps. 125	Week 11: Ps. 130
Week 2: Ps. 121	Week 7: Ps. 126	Week 12: Ps. 131
Week 3: Ps. 122	Week 8: Ps. 127	Week 13: Ps. 132
Week 4: Ps. 123	Week 9: Ps. 128	Week 14: Ps. 133
Week 5: Ps. 124	Week 10: Ps. 129	Week 15: Ps. 134

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