

“Cultivate”

Subject: Discerning the Voice of God through “Lectio Divina”
March 30, 2022

OPEN OUR HEARTS: Opening Meditation

Psalm 91 (NIV)- Read the passage and listen for a word that sticks out to you. Sit in silence for 3 mins and meditate on that word.

Reflection: Why did the word speak to you? (write down you answer in your prayer journal)

EXPLORE THE WORD: Biblical Examples of Discerning the Voice of God

Start the Conversation: *What are ways that God speaks to you?*

Biblical References of how God spoke to people in the Bible:

1. _____

Acts 2: 1-4, John 16:13, Luke 12:12, John 14:26, 1 Cor. 2:13, Ephesians 1:17

2. _____

1 Samuel 3:9- Story of Samuel

3. _____

Gen. 24:12-16 – Abraham’s Servant

4. _____

Gen. 28:10-17- Jacob’s call

5. _____

Matthew 27:54, Mark 15:39, Luke 23:47

6. _____

Romans 10:17

7. _____

Exodus 3, Numbers 22:21-39, Matthew 23:37-39, Matthew 6:26, Isaiah 40:31, Psalm 1:3

Reflection:

- After learning the various ways God spoke to people in the Bible, reflect again on ways God has spoken to you that you may have overlooked. Write down your experiences.
- How will you be more aware of God’s voice or presence in your life after this study?

Closing Lectio Divina (Divine Reading):

Lectio Divina is a contemplative way of reading the Bible. It dates back to the early centuries of the Christian Church and was established as a monastic practice by Benedict in the 6th century. It is a way of praying the scriptures that leads us deeper into God’s word. We slow down. We read a short passage more than once. We chew it over slowly and carefully. We savour it. Scripture begins to speak to us in a new way. It speaks to us personally, and aids that union we have with God through Christ who is himself the Living Word.¹

What was your word from the first reading? Bring it back to your mind.

Psalm 91 (MSG)

91 ¹⁻¹³ You who sit down in the High God’s presence,
spend the night in Shaddai’s shadow,
Say this: “God, you’re my refuge.
I trust in you and I’m safe!”
That’s right—he rescues you from hidden traps,
shields you from deadly hazards.
His huge outstretched arms protect you—
under them you’re perfectly safe;
his arms fend off all harm.
Fear nothing—not wild wolves in the night,
not flying arrows in the day,
Not disease that prowls through the darkness,
not disaster that erupts at high noon.
Even though others succumb all around,
drop like flies right and left,
no harm will even graze you.
You’ll stand untouched, watch it all from a distance,
watch the wicked turn into corpses.
Yes, because God’s your refuge,
the High God your very own home,
Evil can’t get close to you,
harm can’t get through the door.
He ordered his angels
to guard you wherever you go.

¹ <https://www.anglicancommunion.org/media/253799/1-What-is-Lectio-Divina.pdf>

If you stumble, they'll catch you;
their job is to keep you from falling.
You'll walk unharmed among lions and snakes,
and kick young lions and serpents from the path.
¹⁴⁻¹⁶ "If you'll hold on to me for dear life," says God,
"I'll get you out of any trouble.
I'll give you the best of care
if you'll only get to know and trust me.
Call me and I'll answer, be at your side in bad times;
I'll rescue you, then throw you a party.
I'll give you a long life,
give you a long drink of salvation!"

1. What new insights did you discover?
2. What spoke strongly to you?
3. What is God calling you to explore more?
4. What is your takeaway?

Next Week: Connecting with God through Music – Study of the Psalms (April 6th @ 6:30pm)