

The Strength of My Heart

Psalm 73: Lectio Divina Guide

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Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: Psalm 73 is a Psalm of Devotion by Asaph, a Levite who headed up the temple worship ministry under David. He wrestles with envying the prosperity of the wicked until he enters God's presence and discovers the sweetest delight and the power to be transformed.

Opening Prayer: "Lord Jesus Christ / Be the strength of my heart / and my portion forever" (inspired by Psalm 73:26).

Read Scripture: Psalm 73 (NIV84)

A psalm of Asaph.

1 Surely God is good to Israel, to those who are pure in heart. 2 But as for me, my feet had almost slipped; I had nearly lost my foothold. 3 For I envied the arrogant when I saw the prosperity of the wicked...

17 Till I entered the sanctuary of God; then I understood their final destiny...

21 When my heart was grieved and my spirit embittered, 22 I was senseless and ignorant; I was a brute beast before you.

23 Yet I am always with you; you hold me by my right hand. 24 You guide me with your counsel, and afterward you will take me into glory. 25 Whom have I in heaven but you? And earth has nothing I desire besides you. 26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

27 Those who are far from you will perish; you destroy all who are unfaithful to you. 28 But as for me, it is good to be near God. I have made the Sovereign LORD my refuge; I will tell of all your deeds. (Psalm 73:1-3, 17, 21-28)

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.