

LIFE WITHOUT LACK

Lectio Divina Guides by Bill Gaultiere

Lectio Divina Process

Hearing God's voice with confidence takes practice. A great way to learn is through Lectio Divina, a method of Scripture meditation developed by Benedict in the sixth century. Three times we read the Bible passage and then pray or journal quietly for a few minutes to help us listen to the Spirit. Each reading is guided by a focus question listed below. In a group context follow the leader's instructions to know when you can share your responses. Be sure to protect people's confidentiality.

Introduction to the Text

Psalm 23 is probably the most famous prayer poem in history. It's beloved by people of all religions and all ages since about 1,000 BC. Prophetically, this is an invitation to a with-God-life by Jesus Christ, the Messiah of the Psalms and the Good Shepherd of the Gospels. There are many versions and paraphrases of the Shepherd Psalm—here is Dallas Willard's.

Psalm 23

¹ The Lord is my Shepherd, I have life without lack. ² In his green pastures I've eaten my fill so I lie down. At his still waters my thirst is satisfied. ³ He heals and reintegrates my broken depths in his eternal life so I can walk in paths of righteousness on his behalf.

⁴ Even though I go through loss, hunger, disease, aging, and death I will fear no evil because you Jesus are with me. Your strong rod and protective staff put me at liberty.

⁵ Your abundant provision is a feast for me so I'm happy to share with my enemies. You give me hot showers and warm fluffy towels, joyful experiences and deep relationships, to make me feel clean, special, and powerful.

My cup runs over so I can be generous without ever running out. ⁶ Surely this world is a perfectly safe place for me to be because I dwell and abide with God in the fullness of his life in the Kingdom of the Heavens forever (adapted from Dallas Willard in *Life Without Lack*).

Prayer / Journaling / Soul Talk Prompts

1. What is one word or phrase the Holy Spirit impresses on you? In silence meditate on that.
2. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.
3. What is the Lord's personal invitation to you from the Scripture? You can write down what your Shepherd may be saying to you or a prayer of thanks. Or simply rest quietly in the Spirit's presence.