

THE DARK NIGHT

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 13 is a psalm for times of trial, especially the Dark Night of the Soul when God feels absent. David wrote this during a time of great distress, perhaps when he was hiding out in the desert being hunted by King Saul, who he had faithfully ministered to and served all his life. David is experiencing injustice, anxiety, sadness, danger, and unanswered prayer and still he trusts God and rejoices in his goodness. He brings himself and his circumstances in the spiritual reality where the LORD is his refuge.

Psalm 13

How long, O LORD? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death; my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the LORD, for he has been good to me (NIV84).

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 question(s) do you have for God about your life today? Write down a prayer or pray quietly.
3. What is God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you. Or you can recall God's unfailing love for you, even if you're not feeling it now, and write a prayer of thanks. Or simply rest quietly in the Spirit's presence.