

TWO WAYS TO LIVE AND LEAD

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.

Background to the Text

Psalm 1 is the gateway to the book of Psalms and to our lives. It shows us two different types of people. The ungodly walk in an unwise and sinful way, then they stand in it, then they sit in it, and then they blow around in the wind. The godly delight in and meditate on God's word, then they stand tall like a tree, then they grow and bear fruit, and then they prosper in all that they do. If our first move in life and leadership is to wait on God, pray, and meditate then we'll become increasingly strong and productive. But if our first move is to do whatever we want then we'll end up floundering and unproductive.

Read Scripture: Psalm 1

¹ Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, ² but whose delight is in the law of the Lord, and who meditates on his law day and night. ³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

⁴ Not so the wicked! They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

⁶ For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction (NIV).

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 God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you or a prayer of thanks. Or simply rest quietly in the Spirit's presence.