Listening Prayer – An Experience of Lectio Divina

www.restorationmn.org

Psalm 100 (NLT)

Shout with joy to the Lord, all the earth!

Worship the Lord with gladness.

Come before him, singing with joy.

Acknowledge that the Lord is God!

He made us, and we are his.

We are his people, the sheep of his pasture.

Enter his gates with thanksgiving;

go into his courts with praise.

Give thanks to him and praise his name.

For the Lord is good.

His unfailing love continues forever,

and his faithfulness continues to each generation.

For Reflection and Prayer:

Was there a word, phrase or image which captured your attention you as you listened to or slowly read the text? Quietly reflect on it in your prayer. Journal your conversation.

What longings arise within you as you meditate on the text? What emotions stir within you? Bring them into your prayer.

Savor any consoling words or pictures as you quietly rest in God.