Listening Prayer – An Experience of Lectio Divina

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Psalm 25:1-10 NLT

O LORD, I give my life to you.

I trust in you, my God!

Do not let me be disgraced,

or let my enemies rejoice in my defeat.

No one who trusts in you will ever be disgraced,

but disgrace comes to those who try to deceive others.

Show me the right path, O LORD;

point out the road for me to follow.

Lead me by your truth and teach me,

for you are the God who saves me.

All day long I put my hope in you.

Remember, O LORD, your compassion and unfailing love,

which you have shown from long ages past.

Do not remember the rebellious sins of my youth.

Remember me in the light of your unfailing love,

for you are merciful, O LORD.

The LORD is good and does what is right;

he shows the proper path to those who go astray.

He leads the humble in doing right,

teaching them his way.

The LORD leads with unfailing love and faithfulness

all who keep his covenant and obey his demands.

For Reflection and Prayer:

Was there a word, a phrase, image, or feeling that 'shimmered' as you listened? Allow it to land in your heart. Stay with it. Savor it.

Reflect on what you heard. What effect does it have on you? What meaning does it hold for you? What does the Holy Spirit seem to be conveying to you? Talk it over in your prayer. Perhaps you want to draw or color your prayer or journal the conversation.

As the time of prayer comes to a close, share some moments of quiet with Jesus, simply resting safely in his presence.