

APPENDIX

Lectio Divina (Devine Reading)

Take 15-20 minutes to practice Lectio Divina: a way of inviting God to speak to you while reading Scripture. Before you begin reading, take some time to prepare and ask God to speak to you as you read.

Read: Read the passage slowly, giving time and space to the words and phrases. Listen carefully for the words or phrases that jump out to you.

Reflect: Read the passage again, this time focusing further on the parts that stood out to you in your first reading. What images come to mind as you focus on these particular words and phrases? What is God saying to you?

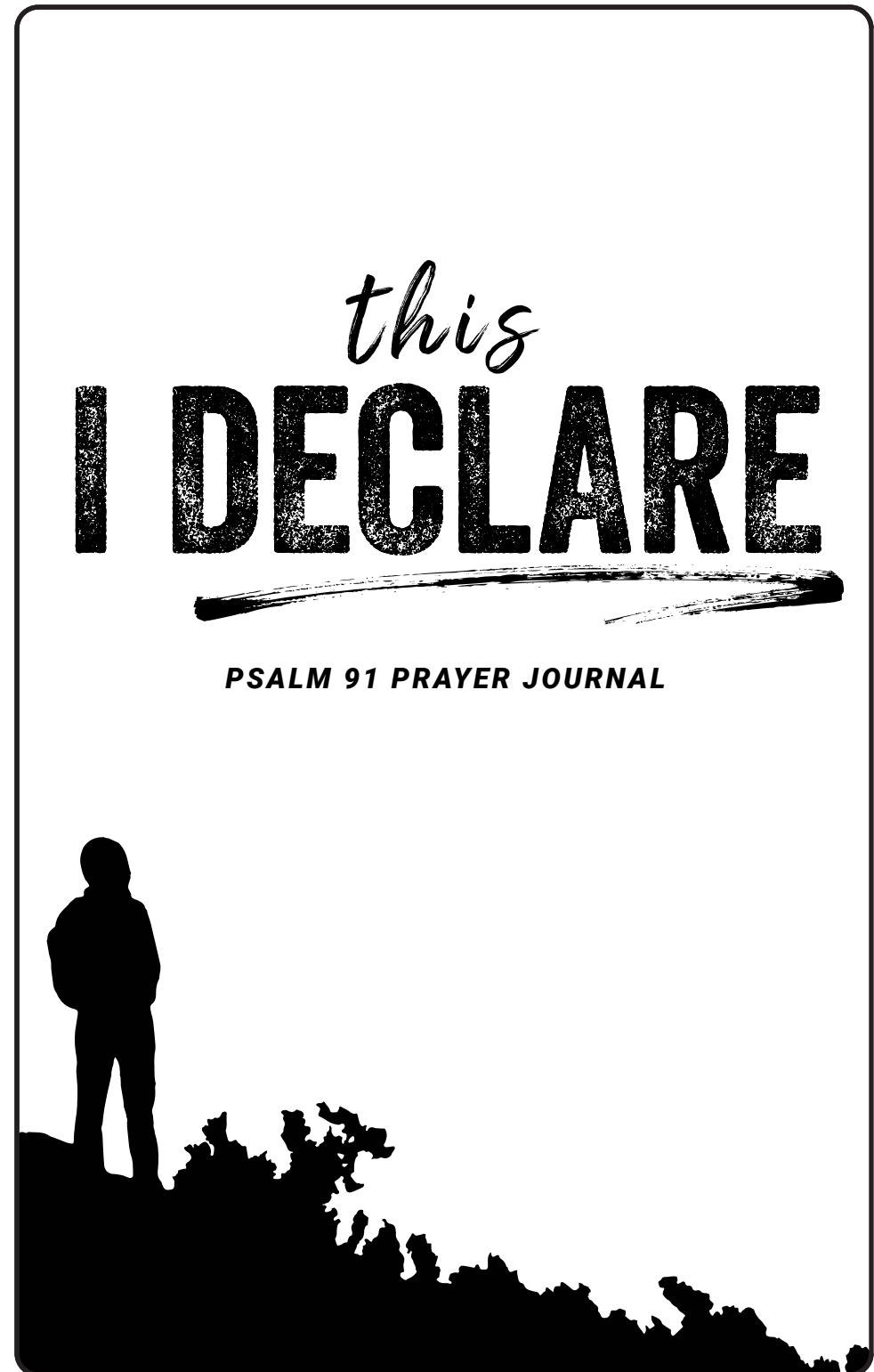
Respond: Read through the passage a third time. After this reading, it's time to respond. You can respond in prayer, talking to God about what He has shown you, or you can journal: writing down what God has said to you and adding your response.

Rest: Take some time in silent contemplation (5-10 minutes). Let God continue to work on you. It's okay to let your mind wander, trust that God will bring your thoughts to where they need to go. Close this time off by thanking God.

RESOURCES

Bible Project - How to Read the Psalms
www.bibleproject.com/videos/book-of-psalms

"This I Declare" - WMBC Sermon Series
www.winklermb.com/media



Real Life **REFUGE**



Today is about how what we're learning connects to our everyday lives and experiences. As you go through your day, keep the refuge of God on your mind. Where do you see God shielding and protecting you? Where do you not experience it? What about those around you? Who is in need of refuge? At the end of the day, write down your experiences and thoughts and talk to God about them.

“If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home.”

PSALM 91:9-10



CONSIDER

God is like a loving parent, watching their child grow. He offers us wisdom, guidance, and teaching. He cares for us and loves us. But we can choose to leave His shelter and live without Him. However, the Bible has many examples of God showing mercy and kindness to communities of people who do not follow Him based on the faithfulness of one of their number. When the Israelites make the golden calf, God turns away His anger because Moses asks Him to. Rahab's entire household is saved because she showed faith in God. And Jesus saved the whole world when He died on the cross. Like Him, we can shelter our families, even our communities through our faithfulness to God.

RESPOND

Praying "Outside"

Take 5-10 minutes to pray (set a timer if you need to). Pray for your family, your neighbours, your community. Ask for God to give them shelter and protection. Ask Him to bless them. Use the space provided to write down the thoughts that come to you as you pray.

“For He will order His angels to protect you wherever you go. They will hold you up with their hands so you won’t even hurt your foot on a stone.”

PSALM 91:11-12



CONSIDER

God created more than just the physical world. There is an entire spiritual realm that we cannot see, complete with spiritual beings. Among these beings, angels are some of the most commonly talked about in the Bible. Angels are messengers, servants, and warriors. Consider, today, that God has ordered spiritual beings to protect you from spiritual harm.

RESPOND

Contemplative Prayer

Take 5-10 minutes to pray (set a timer if you need to). Spend time considering the fact that God has ordered spiritual beings to protect you from harm. What does this say about you? What does this say about God? Simply spend time with God as you ponder this. Use the space provided to write down the thoughts that come to you as you pray.

Lined writing area consisting of 20 horizontal lines for taking notes or writing a response.

“For He will order His angels to protect you wherever you go. They will hold you up with their hands so you won’t even hurt your foot on a stone. You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet! The Lord says, ‘I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation.”

PSALM 91:11-16



Lectio Devina (Devine Reading)

Take 15-20 minutes to practice Lectio Divina: a way of inviting God to speak to you while reading Scripture. The passage you’ll be reading is Psalm 91:11-16. Before you begin reading, take some time to prepare and ask God to speak to you as you read. Write your reflections and God’s words to you in the space provided.

***You can find instructions for Lectio Devina at the back of this guide.**
