

Scripture meditation on Psalm 25:4-6

Lectio = Reading; Divina = Divine

Lectio Divina is a way to meditate on scripture by reading it over and over and using more than just our intellect because God gave us other faculties as well. He gave us our emotions, imaginations, will, and the ability to make plans. You may use several of these as you soak in the repetitive scripture reading, listening for God's voice, and imagining Him and yourself in the words.

Step 1. Read the passage below once just to get a feel for it.

Psalm 25:4 Show me the right path, O Lord;
point out the road for me to follow.

⁵Lead me by your truth and teach me,
for you are the God who saves me.

All day long I put my hope in you.

⁶Remember, Lord, your great mercy and love,
for they are from of old.

Step 2. Reread the passage and circle any word or phrase that stands out to you and ask our Lord why it stands out.

Step 3. Reread the passage and ask our Lord if He is revealing something of Himself to you through it.

Step 4. Reread the entire passage again and notice if our Lord is extending an invitation to you. If so, talk to the God about how you might respond to this personal invitation. You may want to draw a picture.

Step 5. Compose a prayer to our Lord in response to anything that has been revealed to you from your time meditating on this passage.