

From the Pastor

January 30, 2018

Over the past few weeks I have recited a bible verse from the Psalms as part of my morning devotional time:

**Teach me to do your will,
for you are my God. Let your good spirit lead me on a level path.**
(Psalm 143:10)



There is nothing in that verse that is difficult to comprehend. A child can understand what it means to learn to do God's will and to be led by God's Spirit. I have not been reciting the verse to gain new information; but for spiritual formation in the tradition of the ancient practice of Lectio Divina. Lectio (or Lexio) Divina encourages a prayerful reading of Scripture in four separate steps: read; meditate; pray; contemplate.

I have found the method to be a neat way of incorporating scripture into my life. It helps me grow in my knowledge of God's word and to pray using the words and images found in Scripture. For example, after I have read and reread Psalm 143:10, I begin to pray the words and use the language of the text to pray for others as I listen for God to speak to me. I pray that God will teach me to do God's will and also teach those I love to do God's will and to be led by God's Spirit on a level path.

There are lots of great books that teach on the subject of lectio, including: *Lectio Divina: Renewing the Ancient Practice of Praying the Scriptures*, by M. Basil Pennington and *The Transforming Power of Lectio Divina* by Maria Tasto. You can also just open your bible and start praying! It is great to learn new information about the bible and the church, but it is equally important that we are transformed through prayer and Scripture. Methodists have sometimes practiced lectio divina without calling it that. Let's continue to be formed and transformed through prayer and the reading of God's word!

Blessings,

Craig