

An Experience of Praying Scripture and Journaling

Psalm 34:4-10

- ⁴ I sought the Lord, and he answered me,
and delivered me from all my fears.
- ⁵ Look to him, and be radiant;
so your faces shall never be ashamed.
- ⁶ This poor soul cried, and was heard by the Lord,
and was saved from every trouble.
- ⁷ The angel of the Lord encamps
around those who fear him, and delivers them.
- ⁸ O taste and see that the Lord is good;
happy are those who take refuge in him.
- ⁹ O fear the Lord, you his holy ones,
for those who fear him have no want.
- ¹⁰ The young lions suffer want and hunger,
but those who seek the Lord lack no good thing.

Prepare

Breathe in and out slowly three times to centre yourself and enter into God's presence.

Read the psalm

'Listen' for a word or phrase that chooses you, catches your attention and seems to ask you to linger with it. Don't analyze it. Just 'listen'. Then write it down.

Ask "How is my life touched?"

Read the psalm a second time to discover how it touches your life today. Use your senses and imagination to experience and explore the passage more fully. Write down whatever comes to mind.

Ask "Is there an invitation here?"

Read the psalm a third time and think about how God is inviting you to pray. How might that invitation be relevant for you in the next few days?

Pray and Journal

Enter into a conversation with God – spend time speaking your heart and listening for God's word for you. Is a response stirring in you? A word of gratitude? A question? A memory? An emotion? Journaling may help you put clarity around your experience.

Not everyone will have something stand out every time or for every scripture passage. Rest in the knowledge that God is present in times of insight, comfort and challenge, as well as when we feel blank and empty. Whatever the response, this is prayer.