

Day 6—Monday 19 February

Scripture for Prayer

Stilling: Take a few minutes to become still.

God is Present: God is with you. Ask God to inspire your prayer time.

Ask for what you desire. What gift, what grace do you want right now?

- Read** the passage slowly.
- Savour** words and phrases
- Talk** to God in your own words
- Stay** in silent meditation

If you get distracted, move back to the scripture passage and continue the cycle.

Psalm 139 1-14 (NRSVA)

**O Lord, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away.
You search out my path and my lying down,
and are acquainted with all my ways.
Even before a word is on my tongue,
O Lord, you know it completely.
You hem me in, behind and before,
and lay your hand upon me.
Such knowledge is too wonderful for me;
it is so high that I cannot attain it.**

**Where can I go from your spirit?
Or where can I flee from your presence?
If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.
If I take the wings of the morning
and settle at the farthest limits of the sea,
even there your hand shall lead me,
and your right hand shall hold me fast.
If I say, 'Surely the darkness shall cover me,
and the light around me become night',
even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.**

**For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully
made.**

A Prayer: End with a formal prayer, such as the Lord's Prayer/Our Father

Review of Prayer

At the end of your prayer you can look back and ask:
Does it have something to say to you?
How does it make you feel?

Today's Meditation Lectio Divina

This is a centuries old method of praying with Scriptures. A method especially suited to praying the psalms, parts of the prophets, wisdom literature, and the epistles.

First, choose the passage you intend to pray. Then choose a time, it may be anything from five minutes to an hour. Dedicate the whole of this time to God and don't give up if you feel you are not getting anything out of it.

Enter into the prayer in a quiet place in a comfortable yet attentive posture.

Mark the start of the prayer by recognising you are in the presence of God.

Be aware of your own needs-what grace do you want to ask of God?

Slowly read the passage.

Stop where a word or phrase strikes you.

Savour it as long as there is something in it for you. The passage may trigger off thoughts on your life-that is OK, go with the flow.

Talk to God in your own words. Allow time for a reply.

Stay in silence before God.

Move on to the next phrase when you are ready, or if you become distracted, and again, stop when something strikes you.

Take your time.

When your prayer time is nearly at an end, finish with a short formal prayer such as the Our Father, or Glory be...

The idea is not so much to think about the passage as to let it engage your feelings, emotions and life.

The questions to ask when looking back on the prayer are:

What struck me? How did I react and feel?

Does this tell me anything about God, myself, or the way I relate to God or to others?