

Listening Prayer – An Experience of *Lectio Divina*

Psalm 34:1-8, 19-22 (ESV)

I will bless the Lord at all times; his praise shall continually be in my mouth.
My soul makes its boast in the Lord; let the humble hear and be glad.
Oh, magnify the Lord with me, and let us exalt his name together!
I sought the Lord, and he answered me and delivered me from all my fears.
Those who look to him are radiant, and their faces shall never be ashamed.
This poor man cried, and the Lord heard him and saved him out of all his troubles.
The angel of the Lord encamps around those who fear him, and delivers them.
Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!

Many are the afflictions of the righteous, but the Lord delivers him out of them all.
He keeps all his bones; not one of them is broken.
Affliction will slay the wicked, and those who hate the righteous will be condemned.
The Lord redeems the life of his servants; none of those who take refuge in him will be condemned.

For Reflection and Prayer:

Was there a word, a phrase, an image, or a feeling that “shimmered” as you listened? Savor this with gentle hospitality.

Reflect on what you heard. Notice any felt sense that seems present. Listen with unhurried curiosity to what else may come. Perhaps you want to draw or journal this experience.

As the time of prayer comes to a close, share some moments of quiet with Jesus, simply resting safely in his presence.

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Psalm 34:1-8, 19-22 (NLV)

I will honor the Lord at all times. His praise will always be in my mouth. My soul will be proud to tell about the Lord. Let those who suffer hear it and be filled with joy. Give great honor to the Lord with me. Let us praise His name together.

I looked for the Lord, and He answered me. And He took away all my fears. They looked to Him and their faces shined with joy. Their faces will never be ashamed. This poor man cried, and the Lord heard him. And He saved him out of all his troubles. The angel of the Lord stays close around those who fear Him, and He takes them out of trouble. O taste and see that the Lord is good. How happy is the man who trusts in Him!

A man who does what is right and good may have many troubles. But the Lord takes him out of them all. He keeps all his bones safe. Not one of them is broken. Sin will kill the sinful. And those who hate God's people will be held guilty and punished forever. The Lord saves the soul of those who work for Him. None of those who trust in Him will be held guilty.