

LECTIO DIVINA¹ - an approach to the Word that focuses on what God might want to say to me today through this Scripture.

1. Sovereign Lord, Holy One of Israel, please speak into our lives through your Word. As we listen to your words in this passage, let it become life transforming truth for each of us.

The Sovereign Lord, the Holy One of Israel, says,

“Only in returning to me
and resting in me
will you be saved;
in quietness and trust
is your strength.
But you would have none of it.”

2. Sovereign Lord, out of your goodness and deep love for us, give us the gift of a word or phrase. Help us to receive that word as a gift specific ply for me today.

The Sovereign Lord, the Holy One of Israel, says,

“Only in returning to me
and resting in me
will you be saved;
in quietness and trust
is your strength.
But you would have none of it.”

Word (or phrase):

3. Holy One, please reveal just how does this word relates to my life right now? Jesus: “Why are You giving me this word/phrase at this time?” Bring to mind events, circumstances that you want to speak this truth into.

The Sovereign Lord, the Holy One of Israel, says,

“Only in returning to me
and resting in me
will you be saved;
in quietness and trust
is your strength.
But you would have none of it.”

Why?

¹from Benner (2002) p.169-170)

4. *Jesus, are you issuing an invitation to me? What is it, Lord, that you are asking me to do or be?*
The Sovereign Lord, the Holy One of Israel, says,

“Only in returning to me
and resting in me
will you be saved;
in quietness and trust
is your strength.
But you would have none of it.”

Invitation:

5. *Resolve and rest²:*

Lord, we long to accept your invitation. Help us as we resolve to walk in obedience and humility. Now, for a few minutes lead us by still waters and help us rest in your presence... Help us let go of our own efforts and just rest in and with You... I don't want to worry about how to fulfill the invitation. Just rest. Amen

The Sovereign Lord
{The Lord God},
the Holy One of Israel,
says
{speaks, commands, demands, invites, pleads}:

“Only
{solely, just, uniquely}
in returning to me
{repentance/turn back/
again (go back again, go home again)/retreat}
and resting in me
{quietness/repose/idleness/be still}
will you be saved
{be open, wide, or free/help/rescue/
preserve/defend/deliver};
in quietness
{rest/settled/to be at peace/undisturbed/
inactive/tranquil}
and trust
{confidence/to stand firm/to be certain/to believe in}
is your strength
{might/valor/power}.
But you would have none of it
{were not willing}.”

NOTE: I have found that reading and listening work very differently. I use a small tape recorder to record the passage I want to meditate on and listen to it over and over again.

² The last step comes from Barton (2006) p. 61