

## Psalm 1.

*How do we respond to wickedness?*

This Week's Practice:

### Lectio Divina ("Divine Reading")

Throughout Church history, followers of Jesus have slowly and prayerfully reflected on Scripture through a practice known as Lectio Divina, which simply means "Divine Reading." Rather than rushing through a passage, Lectio Divina teaches us to slow down, listen, reflect, pray, and rest in the presence of God through His Word. This week, spend time with Psalm 1 using the following rhythm:

#### Lectio – Read

**Each day: *Read Psalm 1 slowly and prayerfully.***

Pay attention to any word, phrase, or image that stands out to you.

You may want to read the Psalm multiple times slowly.

*As a Group: Have one person read the scripture slowly while others in the group listen.*

#### 2. Meditatio – Reflect

***When a word or phrase captures your attention?***

Reflect on why it stands out.

Consider:

***What might God be drawing my attention toward?***

***What emotions, memories, or desires does this stir within me?***

***What is God revealing about my life right now?***

*As a Group: Share with your group the word or phrase that is on your mind from Psalm 1.*

#### 3. Oratio – Pray

***Respond to God honestly in prayer.***

Speak to The Lord about:

***What you noticed...***

***What you felt...***

***Or what challenged or comforted you.***

Allow the Psalm to become a conversation with God.

*As a Group: Spend time in silent prayer together. Then discuss prayer requests for each other and close in prayer for those things.*

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*How do we respond to wickedness?*

- The Psalms are the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of human beings seeking to know God in a world filled with wickedness.
- Notice the progression in the opening verse: Blessed is the one who does not \_\_\_\_\_ in step with the wicked or \_\_\_\_\_ in the way that sinners take or \_\_\_\_\_ in the company of mockers.
- As God's People, how do we respond to \_\_\_\_\_?
- We respond by delighting in the \_\_\_\_\_ of the Lord.
- **One Thing: God \_\_\_\_\_ those who delight in his instruction.**

### The Testimony of Martha Garcia

- What scriptures does Martha reference in her testimony?
- Where do you notice the delivering work or presence of God in Martha's story?
- What response does Martha's story invite or encourage in you?