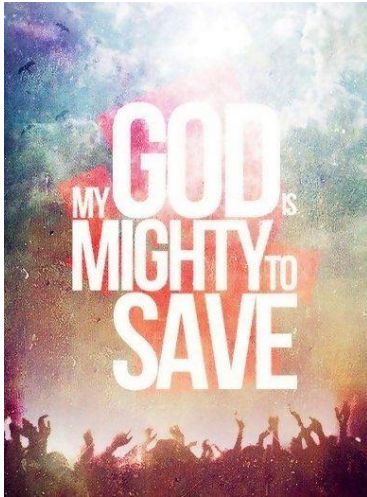


Praying through this week 19<sup>th</sup> April 2021



The Lord your God is with you,  
He is mighty to save.  
He will take great delight in you,  
He will quiet you with His love,  
He will rejoice over you with singing. (Zephaniah 3:17 GNB)

In the midst of all their troubles and uncertainties, the prophet, Zephaniah, reassures the Israelites of God's presence with them, and of His constant love for them. Surely these are words for our uncertain times too?

On our journey of "going deeper" with God, may I gently invite you to "listen" to and allow these words from Zephaniah to guide your prayers, in a LECTIO DIVINA (Divine Reading) way...

If you are unfamiliar with a Lection Divina way, no problem, perhaps you would like to gently and slowly follow the steps below. Lectio Divina, in all its slight variations, is a way of letting scripture and Holy readings guide our listening to God and our prayers.

***\*Come quietly into God's presence and***

- slowly read the verse above, simply understanding it's meaning for you.

***\*Read again, slowly, noticing which words or phrases God is "bringing" to you.***

- as you notice the words, this is a very personal time with God and His promises for you...

***\*Spend time reflecting on the meanings for you of "your" words and phrases - wondering, listening to what God is saying to you here...***

- perhaps reflect on what it means and feels like for you that eg "God is with you?" In good times and bad; when you sense His presence, or not? Are there times when God doesn't seem to be with you? When He seems so very present?
- Perhaps there is something about line 3? Did you know that? Do you believe that? What does "God's delight in **YOU** feel like?"
- How does it feel to realise that God "rejoices over you with singing?" When have you sensed that? What emotions does that arouse in you?
- And other words and phrases that God will be guiding you into.

***\*Talk to God about all that He has brought to your notice...***

- Praying -Your prayers for all that God has revealed to you.

***\*During the days and weeks to come, quietly be, rest with God (Psalm 46:10)( Psalm 37:7a), in His presence, wordlessly being, listening as He continues to speak to you through this reassuring verse.***

***Pray always...***

If you are unsure about Lectio Divina, or would like to know more, please get in touch with me 07531 252155 - am very happy to chat. Pat.

