

Let's practice lectio divina together. Lectio divina translated "divine reading" is a way of becoming immersed in the Scriptures. This practice helps to refocus your mind solely on the Scripture and draw you closer to God. Let us prepare for the reading by praying, "God, let me hear from you" and take a moment to sit in silence, quiet your mind and fully prepare for the Scripture reading for tonight.

When you are ready let's first simply read through the Scripture passage. Listen for a particular word or phrase that speaks to you:

Psalm 46: 1-3 & 10-11

God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea,
though its waters roar and foam,
though the mountains tremble with its tumult.
"Be still, and know that I am God!
I am exalted among the nations;
I am exalted in the earth."
The Lord of hosts is with us;
the God of Jacob is our refuge.

Now, take a minute to reflect.

When you are ready read the Scripture passage for a second time, this time as you re-engage the text, let the word or phrase that stood out to you become your invitation to dialogue with God. Allow the word or phrase to wash over you and permeate your thoughts and feelings.

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Now, read the passage for a final time and as you do release the word or phrase you have been praying with. Be still and rest in God's embrace. What gifts has God given you to take away from this prayer? To what action might God be inviting you?

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End in a simple prayer and thank God for this gift and invitation.

I felt as though this Psalm was the perfect depiction of what the Midweek Pause is trying to capture. Following the theme of the lectio divina two words stick out to me: present (vs. 1) and still (vs. 10). God calls us to be present and still – two things that seem countercultural. Our society tells us that we must constantly be on the move or constantly be doing something in order to be productive or to contribute to the betterment of society as a whole. Mental health awareness day was yesterday, October 10th, and burnout continues to be a leading contributor to weakened mental health. Our bodies are not meant to go non-stop. Even Jesus took naps. After God created the whole world and its inhabitants, God rested. When we go non-stop, amongst other things, we forget who is our refuge and where our praise goes. What this Psalm is telling us is that we are to be still and be present with a God that is ever-present with us. In a world that never stops moving, God is steadfast.

Let us pray,

Steadfast God,

Thank you for your continued presence. In our ever changing world, help us to be still and know that you are God. Help us to be present with you and remember that you are our refuge in our times of trouble, our times of doubt, our times of fear. God, you are with us every step of our lives. Help us to be more like you, to continue to love, continue to show grace and continue to hope. Amen.