

TODAY: Learning to sift through all the “voices” in our world and to discern how God is speaking to us is a key task of discipleship. Prayer teaches us how to silence all the other noise in our world so that we can listen to God.

what do I need to \_\_\_\_\_ in order to be a Christian?

what do I need to do \_\_\_\_\_ a Christian?

posture = \_\_\_\_\_ positioning of our \_\_\_\_\_  
\_\_\_\_\_ positioning of our \_\_\_\_\_

focus upon \_\_\_\_\_ according to his \_\_\_\_\_

be an \_\_\_\_\_ of God

Hebrew *raphah* “be still” = \_\_\_\_\_ —  
also \_\_\_\_\_

### *Lectio Divina*

\_\_\_\_\_ with intent to listen to God

1. slowly read a scripture passage - identify single word or phrase
2. re-read passage – reflect on what God is speaking/doing
3. reflect on how God’s word may be directing my life right now

### *Ignatian Examen*

\_\_\_\_\_ with intent to listen to God

1. place myself in God’s presence; give thanks for God’s love.
2. pray for the grace to understand how God is acting in my life
3. review my day - recall specific moments and feelings
4. reflect on what I did, said, or thought - did I draw closer to God?
5. look toward tomorrow - how I might align with God’s plan
6. conclude with the Lord’s Prayer

## Prayer Posture

### Listening to God

*Psalm 46:1–11 (NIV)*



- <sup>1</sup>God is our refuge and strength,  
an ever-present help in trouble.
- <sup>2</sup>Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
<sup>3</sup>though its waters roar and foam  
and the mountains quake with their surging.

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<sup>4</sup>There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.

<sup>5</sup>God is within her, she will not fall;  
God will help her at break of day.

<sup>6</sup>Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.

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<sup>7</sup>The LORD Almighty is with us;  
the God of Jacob is our fortress.

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<sup>8</sup>Come and see what the LORD has done,  
the desolations he has brought on the earth.

<sup>9</sup>He makes wars cease  
to the ends of the earth.

He breaks the bow and shatters the spear;  
he burns the shields with fire.

<sup>10</sup>He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”

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<sup>11</sup>The LORD Almighty is with us;  
the God of Jacob is our fortress.

## Prayer Posture

Psalm 46



Understanding the Bible:  
What is the problem being  
expressed in this Bible passage?

How does God show up in this Bible Passage?

What are the things that today's Bible passage says the  
LORD does?

My favorite song today:

Things I will pray for this week:

## Today's Bible Passage: Psalm 46:1-11

(Can you find the highlighted words?)

D Y R E F U G E H A C I  
N S F X D L I H O L Y U  
G C A A T J M O S T V H  
F B L L L T A G I V E V  
R G R T M L H C M A K E  
N F F E E I I O O S Y H  
H H O D A D G H U B T I  
F E A R R K Q H N G V G  
P L M O T G P U T H H H  
L P L I H R D X A Y E E  
A D N R I V E R I K B A  
C N A T I O N S N E E R  
E V E R - P R E S E N T

God is our  
**refuge** and  
strength, an  
**ever-present**  
**help** in  
trouble.  
Therefore we  
will not **fear**,  
**though** the  
**earth give**  
way and the  
**mountains**  
**fall** into the  
**heart** of the  
sea, **though**  
its waters  
roar and  
**foam** and  
the  
**mountains**  
**quake** with

their surging. There is a **river** whose streams **make glad** the **city** of God, the **holy place** where the **Most High** dwells. God is within her, she will not **fall**; God will **help** her at **break** of day. **Nations** are in uproar, kingdoms **fall**; he lifts his voice, the **earth** melts. The **LORD Almighty** is with us; the God of **Jacob** is our **fortress**. Come and see what the **LORD** has done, the desolations he has brought on the **earth**. He makes wars cease to the ends of the **earth**. He breaks the bow and shatters the spear; he burns the shields with fire. He says, "Be still, and know that I am God; I will be **exalted** among the **nations**, I will be **exalted** in the **earth**." The **LORD Almighty** is with us; the God of **Jacob** is our **fortress**.