

## An Experience of Praying Scripture and Journaling

### Psalm 71:1-6

- <sup>1</sup> In you, O LORD, I take refuge;  
let me never be put to shame.
- <sup>2</sup> In your righteousness deliver me and rescue me;  
incline your ear to me and save me.
- <sup>3</sup> Be to me a rock of refuge,  
a strong fortress, to save me,  
for you are my rock and my fortress.
- <sup>4</sup> Rescue me, O my God, from the hand of the wicked,  
from the grasp of the unjust and cruel.
- <sup>5</sup> For you, O Lord, are my hope,  
my trust, O LORD, from my youth.
- <sup>6</sup> Upon you I have leaned from my birth;  
it was you who took me from my mother's womb.  
My praise is continually of you.

### Prepare

Breathe in and out slowly three times to centre yourself and enter into God's presence.

### Read the psalm

'Listen' for a word or phrase that chooses you, catches your attention and seems to ask you to linger with it. Don't analyze it. Just 'listen'. Then write it down.

### Ask "How is my life touched?"

Read the psalm a second time to discover how it touches your life today. Use your senses and imagination to experience and explore the passage more fully. Write down whatever comes to mind.

### Ask "Is there an invitation here?"

Read the psalm a third time and think about how God is inviting you to pray. How might that invitation be relevant for you in the next few days?

### Pray and Journal

Enter into a conversation with God – spend time speaking your heart and listening for God's word for you. Is a response stirring in you? A word of gratitude? A question? A memory? An emotion? Journaling may help you put clarity around your experience.

Not everyone will have something stand out every time or for every scripture passage.

Rest in the knowledge that God is present in times of insight, comfort and challenge, as well as when we feel blank and empty. Whatever the response, this is prayer.