

Memorize & Ponder

Sun, Sept 16, 2018

How Does God Restore Our Souls?

**Memorize & Ponder
for the Week of Sept 9-16, 2018
(Full Reading – Psalm 23)**

Text for the Week – Psalm 23:2-3 (NRSV)

**He makes me lie down in green pastures;
He leads me beside still waters;
He restores my soul.**

Brentwood, keen to be nourished to flourish ever more deeply in the grace of Jesus Christ, is spending the year from July 2018 to June 2019 exploring the songbook of the Bible, the Psalms. We expect to find a deeper understanding of the love of God and a more trusting gratitude for how that love addresses the complex dynamics of being God's friends in this world.

We will employ an ancient tradition in the church, dating back to the 6th century, that involves praying the Scriptures daily. It's called Lectio Divina or holy reading. We're adopting this as a discipline of faith this year. We will practice it, play with it, improvise on it, and be steeped by God's grace in it. We think it will change our lives!

As with everything here at Brentwood, we welcome your suggestions and comments on how best to consider more deeply the benefits of following Jesus Christ into the Commonwealth of God.

Daily Ponderings on the Psalms

Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. And let us provoke one another to love and good works, not neglecting to meet together ... (Hebrews 10:23-25a)

Our word to ponder this week is *soul*.

Lectio divino (holy reading)* invites us to do 5 things as we consider the biblical passage: listen, reflect, see, respond, and rest in what the Spirit is teaching. What are you hearing? What meaning is being formed or reformed for you? What images or metaphors come to mind? What kind of response is the Spirit suggesting? What difference does the final moment of rest in God's love make for you?

We suggest that you read the whole Psalm at the beginning of the week. In the days following, you might focus on the sermon text chosen by Brian. Read it aloud and listen to your words. Ponder it anew each day. See new dimensions of its message. Pay attention to your attitudes and how the Spirit may be reforming them. And rest in the richness of God's nourishing Word as you grow into the justice, kindness, and humility that delight God.

Notes for participating in Christ's mission this week:

Remember to pray for the faithfulness of Brentwood in its mission this week.

* A good introduction to *lectio divina* is Eugene Peterson, *Eat This Book: A Conversation in the Art of Spiritual Reading* (Eerdmans, 2009)