

God of Israel See



God of Israel, see
Thy servant in me,
Who humbly approve
Though I cannot conceive, the design of thy love;
With obedience sincere
Thy will I revere,
And expect from thy word
The mystical life of my heavenly Lord.
My whole soul to be fill'd with the fulness Divine.
God of Israel, see

Lectio Divina



Lectio Divina is a term that means “holy reading.” In our normal approach to Scripture, we are usually reading to gain information. In this practice of holy reading, the aim is to connect with God through meditation using Scripture. When practicing lectio divina, we are called to linger over one passage, phrase, or even one word. As you go deeper into the one passage, phrase or word, the expectation is that God will speak to you through it.

There’s no one way to practice Lectio Divina. It can be practiced on your own, or it can be practiced in a group through guided meditation. One guide is found here: http://daily.upperroom.org/?page_id=19

Happy the Place, But Happier Still



Happy the place, but happier still
The heart where Christ is born:
The heart which He vouchsafes to fill
Need neither sin nor mourn;
No city could with Bethlehem share
The honour of His birth,
But every soul by faith may bear
The Lord of heaven and earth.

The Daily Examen



The Daily Examen is a technique used to reflect on the day's events in light of God's calling in our lives. In using the Daily Examen, we become more aware of God's presence and discern God's direction. As it is used more often, we are able to see God's hand at work in the entire scope of our lives. One of the most familiar of this discipline is the five-step Ignation Examen. Try using it at the same time every day.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

To Simple Souls Alone



To simple souls alone
The Saviour is made known,
Shepherds who their station keep
See the glory from on high;
Those that negligently sleep
Still in sin and darkness lie.
The poor rejoice to hear
The heavenly messenger;
From the rich and wise conceal'd,
Jesus doth His light impart,
Shows the mystery reveal'd,
Shines in every humble heart.

The Labyrinth



The labyrinth as a Christian practice is used as a meditative device to bring one closer to God. There are typically three stages in experiencing a labyrinth:

1. As one enters the labyrinth and moves toward the center, one should experience a time of letting go. Slowly enter the maze as you clear your mind of details, anxieties, hurts and worries of the day. Intentionally quiet your mind from the entrance to the center of the labyrinth.
2. When you have reached the center, stop to seek illumination. Linger there as long as needed to listen, pray and meditate. What is God's message for you?
3. As you leave the center to make your way out, experience union with God and contemplate how you can be put to use as a positive force in the world through the call you have heard.

To practice moving through the labyrinth, print a finger labyrinth. You can find one here:

<https://labyrinthociety.org/download-a-labyrinth>

Mine Eyes Have Seen His Orient Star



Mine eyes have seen His orient star,
And sweetly drawn I come from far,
 Leaving the world behind;
His Spirit gently leads me on
A stranger in a land unknown,
 The new-born King to find.

The word of all-preventing grace
Marks out the Saviour's natal place;
 And follower of the word,
I keep His glimmering star in sight,
Which by its sure unerring light
 Conducts me to my Lord.

Journaling



Journaling as a spiritual practice is more than just a daily record of your life. While you might think of it as recording the past, it can also be looked upon as deepening your joy in the present and preparing for God's promised future. Daily writing opens up new opportunities to praise God. Some things to help you get started:

1. Start with *examination*. Romans 12:3 says we should not think of ourselves more highly than we ought to think, but to think with sober judgment. When you're feeling deep emotions that can be difficult to share aloud, writing them down is a gift to yourself. Be honest about sadness, anger or anxiety. If you find it difficult to get started, read the Psalms. You may end up writing one!
2. Following examination is *meditation*. Questions that rise up from your examination can now be pondered in light of Scripture. Search the Scriptures, because more than likely you will find a passage to apply to whatever questions and concerns—or praises—you have written about. Things you've been puzzled about or maybe unable to move past can now be solved with application of your Scriptural research.
3. The honest expression of your examination and the critical thinking of your meditation and Scriptural research allows you to *dream*. Putting thoughts and problems into writing frees you from the feeling of unfinished business. The result should be praise that we are finally able to act.