



PSALM 84

verses 1-9


How lovely is your dwelling place,
Lord Almighty!

My soul yearns, even faints,
for the courts of the Lord;
my heart and my flesh cry out
for the living God.

Even the sparrow has found a home,
and the swallow a nest for herself,
where she may have her young—
a place near your altar,
Lord Almighty, my King and my God.
Blessed are those who dwell in your house;
they are every praising you.

Blessed are those whose strength is in you,
whose hearts are set on pilgrimage.
As they pass through the Valley of Baka,
they make it a place of springs;
the autumn rains also cover it with pools.
They go from strength to strength,
till each appears before God in Zion.

Hear my prayer, Lord God Almighty;
listen to me, God of Jacob.
Look on our shield, O God;
look with favor on your anointed one.





PRACTICING MEDITATION:

To meditate is to ponder, to “chew on,” or to rehearse in one’s mind. Memorizing the Word of God is part of this process. When we meditate on God’s Word, the Psalmist writes that we become like “trees planted by streams of water” (Psalm 1).

Pick 1-3 verses from Psalm 84 to focus on each day. **Recite** the verses out loud slowly and purposefully. What do you notice? What word or phrase sticks out to you?

Spend intentional time in **breath prayer** as a way of practicing meditation. Pick two phrases from Psalm 84. For example, as you breathe in recite “My heart cries out” — as you breathe out recite “for the Living God.” Try this breath prayer in your car or on your morning walk this week.

Memorize this Psalm over the course of the week. Set it to music or recite it as a monologue for a theater audition.

CONNECT & SHARE:

Share about your experience over the last week in your practice. Some things you might share:

What ideas did you try (from the suggestions or consider sharing another idea for your group)?

What worked well for you?

Can you articulate how it felt to be open to God’s work in your life as you opened yourself up to this practice?