

Joshua Anderson – Grasping God’s Word – Assignment 12.2

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I chose Psalm 51:1-10 for my *lectio divina* exercise and carried this out on the 2nd of August 2026 at roughly 36,000 feet in the air without many competing distractions.

I found the experience somewhat difficult in terms of the discipline to only stick with each specific step, instead of as often we do is think of other scriptures on the topic and where we lean on our preunderstanding of a text – as is especially with the case of such a well-known one.

I chose this passage because I thought it would be helpful to be able to also look at the situation that David was reflecting on when he committed such an egregious sin before going through the exercise.

I found this exercise quite helpful personally as it helped me really get in David’s shoes, but also home in on my own situation and failings as to where this was easily applicable message for me.

Below are reflections on each particular step in the process;

Lectio set the pace and was helpful to force you to slow down as a beginning step, it did feel a little perfunctory however I noticed it did help you orientate your mind which helps later on.

Meditatio was good to shift the focus more intently to myself, the connection to my life was staring me right in my face and I started moving ahead to the next step (talking to God) a good few times.

Oratio was by far the most impactful as you shared dialogue with God as you read through, it was quite moving to be honest and brought me peace from a sense of “God gets it” and reminder of just how “living” God’s word is – especially in some parts.

Contemplatio was by far the most difficult step in the process, something I need to develop and learn more with both as look at scripture for a particular reason and when in my general prayer life. I found this step very difficult to be attentive / respond to what God was trying to show me in the hours and days ahead - beyond the time spent in the exercise. Once the quiet opportunity is gone and the busyness returns, it’s hard to tangibly carry this out – in my personal experience.