



COMFORTED BY GOD

A 4-day Plan



Comforted by God, a Lectio Divina four-day plan

Plan Description:

We were made for love; to be held, seen, and delighted in by our first caregivers. Even the best parent fails, resulting in disappointment, loss, and injury. We need the loving care, nurture, and comfort of our God, who brings deep healing to our whole selves. In this 4-day plan, we soak in comfort, inviting the nearness and Presence of God through the practice of Lectio Divina.

About Lectio Divina:

We've intentionally chosen to invite you to experience God comforting you through a practice called Lectio Divina, an ancient, monastic practice of reading and praying scripture. In this plan, we'll read a scripture over you, and guide you through the practice of reading, savoring, engaging with, and meditating on the scripture with God.

The Movements of Lectio Divina:

- **Read:** Choose a small section of scripture, (no more than 8-10 verses) In this first reading, ask yourself, "*What is this passage saying?*" What do you think it means?
- **Meditate:** Read the passage again. This time, *ask God to show you a word he has for you today.* As you read, does one word or phrase resonate with you in particular? Roll this word or phrase over and over in your mind.
- **Consider:** Then read the passage again. This time ask God to show you *why that word or phrase?* How does this connect with your life? Talk with God about anything this brings up in your heart, body, and mind.
- **Rest:** Take a deep breath and savor being in the Lord's presence. Rest with him and allow him to search your heart. Read the passage one last time.

Day 1: God Remembering Us

Scripture:

But how could a loving mother forget her nursing child and not deeply love the one she bore? Even if there is a mother who forgets her child, I could never, no never, forget you. Can't you see? I have carved your name on the palms of my hands! Isaiah 49:15-16 TPT

Devotional:

We were made for love. To receive love, to give love. Every infant needs to be held, seen, soothed, and securely attached. Yet even the best of parents fail, resulting in disappointment, loss, and injury. We need the loving care, nurture, and comfort of our God who brings deep healing to our whole selves.

God desires to meet us in our ache, our longings, and our needs, to comfort us when we suffer and are grieving, to care for us, and tend to our wounded hearts. God is revealed in Scripture in fathering and mothering ways, with nurturing, protecting, feminine attributes which makes sense as God created two image bearers: male and female he created them.

Grab your journal and find a comfortable place to sit, with no distractions, open to what God may have for you. I will guide you through this practice. Take a deep breath.

As you read this verse for the **FIRST** time, ask yourself "What is this verse saying?" At any point, pause the audio if you need more time.

Isaiah 49:15-16 from the Passion Translation. "But how could a loving mother forget her nursing child and not deeply love the one she bore? Even if there is a mother who forgets her child, I could never, no never, forget you. Can't you see? I have carved your name on the palms of my hands!"

As you read this verse for the **SECOND** time, listen for a word or phrase that shimmers, that catches your attention. Maybe you experience tightening of your chest, knots in your stomach, tears in your eyes, or a sense of resonance or resistance. Listen for a word that causes a response or feeling.

But how could a loving mother forget her nursing child and not deeply love the one she bore? Even if there is a mother who forgets her child, I could never, no never, forget you. Can't you see? I have carved your name on the palms of my hands!

As you read this verse for the **THIRD** time, ask God to show you- why that word or phrase? What does this word mean for your life, for what you're experiencing?

But how could a loving mother forget her nursing child and not deeply love the one she bore? Even if there is a mother who forgets her child, I could never, no never, forget you. Can't you see? I have carved your name on the palms of my hands!

Is there an invitation from God? Listen for a response from God.

As you read this verse for the **FOURTH** time, the invitation is to rest in God, like a child rests against his mother, trusting and knowing everything you need is there for you in God. Rest in the presence of God.

But how could a loving mother forget her nursing child and not deeply love the one she bore? Even if there is a mother who forgets her child, I could never, no never, forget you. Can't you see? I have carved your name on the palms of my hands!

Now, slowly allow yourself a moment before you move from this experience with God. Consider journaling and talking with God about this word and what it means for you.

Day 2: Resting Securely in God

Scripture:

Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders. Deuteronomy 33:12 NIV

Devotional:

Growing up, I had debilitating migraines that caused me to frequent the nurse's office at school and ultimately landed me in bed for 12 hours at a time. I remember my mom's kind, nurturing presence, sitting quietly with me as I lay in a dark room. She put cool cloths on my forehead and gently stroked my hair until I was able to fall asleep. I felt perfectly safe, soothed, and cared for.

Do you remember being sick or hurt as a child? Did you have someone who comforted you and cared for you in those moments? Beloved one, what if God longs to have you rest on him in the midst of all you are experiencing right now?

Grab your journal and find a comfortable place to sit, with no distractions, open to what God may have for you. I will guide you through this practice. Take a deep breath.

As you read this verse for the **FIRST** time, ask yourself "What is this verse saying?" At any point, pause the audio if you need more time.

Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders. Deuteronomy 33:12 NIV

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Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders. Deuteronomy 33:12 NIV

As you read this verse for the **THIRD** time, ask God to show you- why that word or phrase? What does this word mean for your life, for what you're experiencing?

Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders. Deuteronomy 33:12 NIV

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As you read this verse for the **FOURTH** time, the invitation is to rest in God, like a child rests against his mother, trusting and knowing everything you need is there for you in God. Rest in the presence of God.

Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders. Deuteronomy 33:12 NIV

Now, slowly allow yourself a moment before you move from this experience with God. Consider journaling and talking with God about this word and what it means for you.

Day 3: Comforted by God

Scripture:

"I'll pour robust well-being into her like a river, the glory of nations like a river in flood. You'll nurse at her breasts, nestle in her bosom, and be bounced on her knees. As a mother comforts her child, so I'll comfort you. You will be comforted in Jerusalem." Isaiah 66:12-13
MSG

Devotional:

When our son was a toddler, thunderstorms rolling in would frighten him, and he would seek me out for protection and comfort. Oh how I loved scooping him up, enveloping him in my embrace, feeling him settle against my chest, in my arms. Together, we moved back towards the large second story windows, with him securely in my arms, he could watch the rain pelt the windows, the bright flashes of lightning, to feel and hear the cracks of thunder. Delighting in the strength of the storm from the safety of my embrace.

When you were afraid, did you have an adult in your life who comforted you, who made you feel safe? Perhaps when you got hurt or were disappointed, there was an adult in your life who saw you hurting and comforted you. What if our Tender Loving God longs to comfort you right now as you experience pain, disappointment, or fear?

Grab your journal and find a comfortable place to sit, with no distractions, open to what God may have for you. I will guide you through this practice. Take a deep breath.

As you read this verse for the **FIRST** time, ask yourself "What is this verse saying?" At any point, pause the audio if you need more time.

"I'll pour robust well-being into her like a river, the glory of nations like a river in flood. You'll nurse at her breasts, nestle in her bosom, and be bounced on her knees. As a mother comforts her child, so I'll comfort you. You will be comforted in Jerusalem." Isaiah 66:12-13 MSG

As you read this verse for the **SECOND** time, listen for a word or phrase that shimmers, that catches your attention. Maybe you experience tightening of your chest, knots in your stomach, tears in your eyes, or a sense of resonance or resistance. Listen for a word that causes a response or feeling.

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As you read this verse for the **THIRD** time, ask God to show you- why that word or phrase? What does this word mean for your life, for what you're experiencing?

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Is there an invitation from God? Listen for a response from God.

As you read this verse for the FOURTH time, the invitation is to rest in God, like a child rests against his mother, trusting and knowing everything you need is there for you in God. Rest in the presence of God.

"I'll pour robust well-being into her like a river, the glory of nations like a river in flood. You'll nurse at her breasts, nestle in her bosom, and be bounced on her knees. As a mother comforts her child, so I'll comfort you. You will be comforted in Jerusalem." Isaiah 66:12-13
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Now, slowly allow yourself a moment before you move from this experience with God. Consider journaling and talking with God about this word and what it means for you.

Day 4: God of Endless Comfort

Scripture:

All praises belong to the God and Father of our Lord Jesus Christ. For he is the Father of tender mercy and the God of endless comfort. He always comes alongside us to comfort us in every suffering so that we can come alongside those who are in any painful trial. We can bring them this same comfort that God has poured out upon us. 2 Corinthians 1:3-4 TPT

Devotional:

I think of all the countless times I was scooped up by my mom as a little. She tended to my skinned knees and my broken heart. She felt ever-present and attuned like none other to my needs. This level of compassion and care I experienced has made it feel like second nature to me to offer the same to my daughters. Scooping them up and pulling them close to my body to help regulate them, comfort and console them. Speaking tenderly to them and reassuring them I was right here and all would be well. We would get through this together.

Might you need to experience this kind of endless compassion, this scooping up?

Grab your journal and find a comfortable place to sit, with no distractions, open to what God may have for you. I will guide you through this practice. Take a deep breath.

As you read this verse for the **FIRST** time, ask yourself "What is this verse saying?" At any point, pause the audio if you need more time.

All praises belong to the God and Father of our Lord Jesus Christ. For he is the Father of tender mercy and the God of endless comfort. He always comes alongside us to comfort us in every suffering so that we can come alongside those who are in any painful trial. We can bring them this same comfort that God has poured out upon us. 2 Corinthians 1:3-4 TPT

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All praises belong to the God and Father of our Lord Jesus Christ. For he is the Father of tender mercy and the God of endless comfort. He always comes alongside us to comfort us in every suffering so that we can come alongside those who are in any painful trial. We can bring them this same comfort that God has poured out upon us. 2 Corinthians 1:3-4 TPT

As you read this verse for the **THIRD** time, ask God to show you- why that word or phrase? What does this word mean for your life, for what you're experiencing?

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As you read this verse for the **FOURTH** time, the invitation is to rest in God, like a child rests against his mother, trusting and knowing everything you need is there for you in God. Rest in the presence of God.

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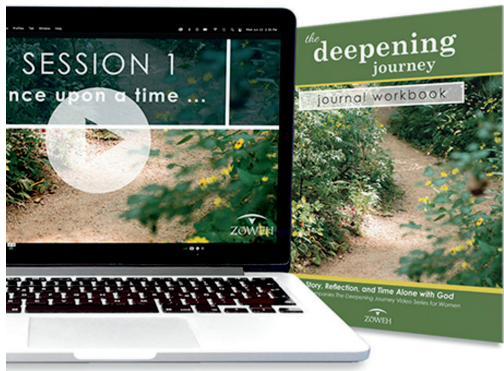
Want to continue to journal and explore the word that stood out to you? Perhaps take the letters of your word or short phrase and stack them one on top of another in a column. Starting with the first letter of your column, write whatever comes to you, using that letter as the beginning letter of a word or phrase. Don't edit anything at this point, just WRITE whatever comes to you as you chew on your word or short phrase. Continue this until you have words and/or short phrases for each of your letters.

If you enjoyed this devotional...

we encourage you to consider these resources and events for men and women to deepen your intimacy with God.

FOR WOMEN:

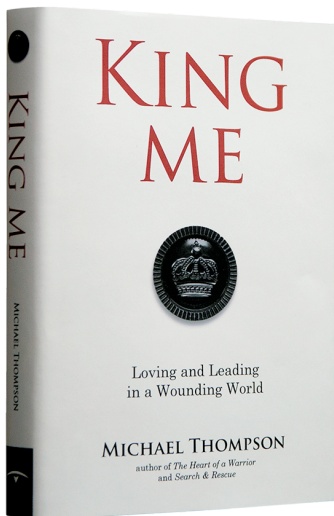
The Deepening Journey is a 6-session video exploration of your heart through stories, reflection, group conversation, and time alone with God.



At The Deepening Weekend, you are invited to explore with us some of how we were made to live and flourish in the Kingdom of God, what comes against that intended flourishing, and the offer of healing, integration, and restoration!

FOR MEN:

Michael Thompson's *King Me: Loving and Leading in a Wounding World*



At The Heart of a Warrior Encounter, you're invited to join the company of other men who are going to God for healing and training, and to discover the full life he has for you.



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