

# Spiritual Practices

## Scripture Reading

Objective: Discuss what experiences you've had with reading scripture and what you may want to do differently in your practice of scripture reading.

### CONNECT

1. How did your practice of Sabbath go last week? What were some of your reflections?
2. What do you often find yourself skimming or scrolling through on a regular basis?

### LEARN

1. How have you viewed scripture in your life?
2. Are there things that get in the way of you engaging with scripture on a regular basis? What are they?  
(Not enough time, intimidation, etc.)
3. When do you find it easiest to read scripture?
4. Which of the methods mentioned would you like to try first in your practice of scripture reading?
  - a. Was there one you haven't tried before?
5. What is a resource or guide you like to use for reading scripture?

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### APPLY

This week pick one of the following scripture reading practices:

1. Participant Reading: Read a passage as if you were a participant. What do you see, hear, feel, smell, think? Many passages have multiple participants so feel free to read the passage from each of these participants' perspectives.
  - a. Start with a story from the gospels.
2. Internalization: Choose one verse/passage for the week. Take time to read it over, preferably more than once.. Be sure to read slowly and purposely. Pay attention to the feelings and thoughts it might bring about. What within the verse/passage encourages you? Challenges you? Wrestle with the passage if you need to and perhaps you'll discover something new.
  - i. Try starting with 1 Corinthians 13.
3. Lectio Devina:
  - Lectio- Reading - Attentive reading. Reading with the purpose of encountering God. Recognizing that scripture is "alive and active..." (Hebrews 4:12). In this reading we can ask God to help us locate a word or a phrase in a short passage of scripture that might capture us as we read it over two or three times. As we read, we are asking ourselves, "Lord, what is this saying?"
  - Meditatio- Meditation - This is where we become particularly focused on the word or phrase that we identified previously. We "chew" on this phrase, internalizing it, reflecting on what God might say or show us. For example, perhaps there is a situation or relationship that needs addressing. In this part we are asking ourselves, "Lord, what are you saying to me?"
  - Oratio- Prayer - Just as God and His Word have been speaking to our hearts we now reciprocate and speak to God words from our heart. In this part we are asking ourselves, "What do I want to say to God?"
  - Contemplatio- Contemplation - At this point God has spoken to us and we have spoken to Him in return. This is not a time for further reflection, examination, or concentration on what has been said. There are no more questions to be asked. This is simply a time to rest in the abiding love of God.

### ADDITIONAL RESOURCES

Practicing the Way by John Mark Comer

BEMA podcast

The Bible Project