

PRACTICE SEVEN

READING THE BIBLE FOR INDIVIDUAL TRANSFORMATION

SILENCE AND PRAYER

GROUP DISCUSSION:

1. Do you enjoy reading the Scriptures, or does it feel like a chore? Why?
2. When you read the Scriptures, do you feel as though you actually meet with and connect with God? Why or why not?

THE PRACTICE

Using Psalm 1, read and move slowly through each of the five movements.

1. Prepare to meet with God: Turn your phone off and leave it in another room. Situate yourself comfortably in a quiet, solitary place. Calm your body and quiet your mind before God as you work to prepare your heart to receive what God has spoken, and to respond accordingly. Finally, invite the Holy Spirit to guide your thinking and feeling as you read.
2. Read: Read the passage slowly and carefully, read the passage three times. Take your time. As you move through the text, pay close attention to what words and ideas draw your attention in unique ways. When your focus is drawn to a particular word or thought, pause and reflect.
3. Reflect: Upon completing the passage, return to the beginning and read one more time. On your fourth journey through the text, allow the text to connect with you personally. Which words or phrases resonate with your heart, your season of life, your person in this moment.
4. Respond: Talk to God about your experience. This is a time to connect with God, asking questions that might arise or listening for insight from the Spirit.
5. Rest: Pause to sit in God's presence before fleeing from the moment. You might express wonder, awe, gratitude, or praise through words, or you might allow yourself to feel and experience these things quietly before God. This is a step of waiting on God without resistance.

Note: It can be helpful to write your word or phrase somewhere and take it with you as a reminder for the week.

GROUP DISCUSSION:

1. What word or phrase did you reflect on in your time?
2. What do I need to know, or be, or do in light of the text?
3. Name one step you can take this week to move from "heart to hand".
4. Make a plan to read Psalm 1 five days this week.

PRAYER