

The Scripture Practice

How To Read the Bible as an Apprentice of Jesus

Week Three: MEDITATE

Introduction Questions:

01 - How did the church tradition you grew up in, or were saved into, teach you to engage with Scripture?

02 - Share about your experience of finding a place and time to engage with Scripture. How did it go?

03 - Did you experience delight, restlessness, frustration, or other emotions as you engaged in this practice?

04 - What questions are you holding as you enter into the next part of our Practice?

Play Video Teaching - Summary

- The digital age has changed our reading habits, leading us to skim quickly for information, which conflicts with the deeper engagement required for Scripture.
- Scripture invites us to read with a mindset of “meditation,” a slow, reflective, and prayerful approach.
- Dietrich Bonhoeffer defined meditation as “the prayerful consideration of Scripture,” highlighting the importance of thoughtful engagement.
- Lectio Divina, or “divine reading,” is a well-established practice that emphasizes listening for God’s voice in Scripture.
- This four-step process of Lectio Divina guides readers through a short passage to deepen their understanding and connection to the text.
- Embracing this ancient method of reading can transform your relationship with Scripture for a lifetime.

Discussion Questions:

01 - Where did you feel challenged or invited as you listened?

02 - How is a meditative reading similar or different from the way you currently read Scripture?

03 - What are your habits for consuming information(such as news, social media, or podcasts)? How could those habits be influencing the way you approach reading Scripture?

04 - What might God's invitation be to you as you embark on this journey?

Watch Story and Exercise Video

EXERCISE Practice

Week 3 Meditate:

LECTIO DIVINA

- Like last week, begin by becoming aware of God's presence.
 - If you can, sit in a comfortable, but upright position, where you can breathe deeply.
 - Relax your body and feel the ground beneath you.
 - Begin to take some deep, slow breaths to quiet your mind.
 - The first goal is to come to stillness; to let all the distractions fall away and to begin to open your heart to the voice of God.
 - Pray for the Spirit of Jesus to come and meet you.
- Choose a short passage to meditate on, ideally a section of Scripture with natural literary flow, one-page max. We recommend you start with a Psalm or a section from the Gospels, but follow what's in your heart.
- Follow the four movements to Lectio:
 - **Read (lectio)** the passage slowly, paying close attention to what stands out to you and what you sense the Spirit is highlighting to your mind or heart.
 - **Meditate (meditatio)**. "Chew" on it. Re-read the passages a few more times and reflect on those words or ideas.
 - **Pray (oratio)**. Turn what you are hearing into a prayer back to God.
 - **Contemplate (contemplatio)**. Spend a few minutes sitting in God's presence to reflect on and enjoy his love and attention.
- Let this be a slow, unhurried portion of your day. Try to give it at least 20 to 30 minutes.