

The Scripture Practice

How To Read the Bible as an Apprentice of Jesus

Week One = READ

Introduction Questions:

- 01 - What brought you to this practice? What are you hoping to see God do in your life through it?
- 02 - Growing up, how did your family regard the Bible?
- 03 - What is your primary feeling about Scripture? Fear? Desire for more? Shame? Ambivalence?
- 04 - How do you see Scripture as a part of your apprenticeship to Jesus?

Play Video Teaching - Summary

- Jesus, as a rabbi and teacher of the Torah, deeply engaged with Scripture, which influenced his teachings filled with quotes and allusions to the Hebrew Bible.
- Our approach to reading Scripture should be as apprentices of Jesus, distinct from how we read articles or novels.
- The aim is not only to read Scripture but to encounter Jesus within its pages, fostering a relationship with him.
- We seek to be with Jesus, become like him, and live out his teachings, as he commands us to obey everything he has taught.
- Our posture in approaching Scripture is crucial; we must come with the heart of a disciple, ready to listen and learn from Jesus.
- By prioritizing our posture over technique, we open ourselves to transformation through our engagement with Scripture.

Discussion Questions:

- 01 - What was one insight from the teaching you want to carry with you this coming week?
- 02 - Do you resonate more with reading Scripture for information or formation? Why?
- 03 - Would you consider yourself more of a left-brain person(analytical, rational) or right-brain person (intuitive, symbolic)? How has that impacted the way you read Scripture?

04 - What's the primary obstacle you face to the regular reading of Scripture (e.g., time, your sleep habits, parenting, work schedule, intellectual questions, emotional triggers)?

Watch Story and Exercise Video

EXERCISE Practice

Week 1 Read:

- Find a good place that is quiet and distraction-free. Ideally, choose a spot that makes you happy to be in and that is free of things that might pull at your attention.
- Find a good time. Choose an unhurried time that feels right for you, allowing space for intentional connection with God.
- Make a plan for what to read. Consider what passage to read. Will you explore a gripping narrative from the Old Testament, such as Exodus, Esther, or Jonah? Perhaps you'll reflect on a chapter from the Psalms or Proverbs each day this week. Or maybe you'll begin with one of the New Testament Gospels or one of Paul's letters. See the four recommendations on page 32 and 33.
- Begin by settling your body in God's presence. Focus your attention on the Father and the Son and the Holy Spirit within you. As Jesus said, "I in you and you in me."
- Open in prayer: "As I open the Scriptures now, I pause to be still; to breath slowly; to reset my scattered senses upon the presence of God." Remember the author is in the room with you.
- Read: Take in the words slowly. Notice phrases that catch your attention or connect emotionally. God may be highlighting these for your life or the day ahead. While the Practice of reading Scripture will look unique from person to person, here are a few helpful notes to keep in mind as you shape your practice for the week ahead.
- Consider reaching for a hard copy of the Bible so you can leave your phone in another room to minimize distractions.
- As you read, be mindful not to judge your experience. You may find it deeply meaningful, or perhaps it won't resonate at all. You might feel close to God, or you might not. Simply offer your practice to God in love, allowing it to unfold as it will.