



Often times we read the Bible too fast in order to check it off our list of things to do or to be able to get through a complete reading of the Bible in a year. What if we were to slow it all down and truly meditate? What if a smaller portion of Scripture was read over and over, very slowly, with prayerful reflection on specific words and phrases, and particular attention was paid to the impact the words have on our hearts?

Using this method, we are in a sense listening closely to God and His Word, and praying the Scriptures. So basically, we are not studying the Bible, but allowing the Bible to speak to us.

Below is a list of “potentials” for passages that you could spend some time meditating on (*if you don't like the ones selected here, you may choose your own*).

Here is one suggested way to do this (*referred to as lectio divina*):

1. Select a passage.
2. Spend a minute or two just relaxing prior to engaging the Scripture.
3. First reading: Read the passage through one time slowly, pausing between clauses. Then be silent for a minute or two.
4. Second reading: Read the text slowly once again, pausing between phrases. This time, pause a little longer and be aware if any of the words or phrases catch your attention, or seem to stand out in some way. Jot those down.
5. Third reading: Reread the passage up to the word or phrase that touched you in some way. When you reach that word or phrase, stop and repeat it a few times.
6. Pondering: Reflect for a while on the phrase that moved you. Repeat it a few more times. Let the words interact with your thoughts, your memories or any other Bible passages that come to mind. Let it touch your heart, desires and fears. Begin to ask, “What might God want to say to me specifically?”
7. Prayer: Turn that last question into a prayer, asking God, “What is the word you have for me in this passage God? Is there anything you want to say to me today?” Listen. Write down anything you sense God might be saying to you.
8. Quiet: Be still and silent for a while. Enjoy being in the presence of God. Don't do anything, just “be” for a while.
9. Response: Ask yourself and God, “What am I being called to do as a result of the word I have been given?” Whatever HE speaks to you about, write it out.

We encourage you to make this a pattern for a season in your devotional life. Options are to do this once a week on a particular passage or even daily with the same passage for a season (*a week or so*). Once again, the following Scripture portions are merely suggestions for you to consider as options. May God bless you as you spend some time with God and His Word in *lectio divina*.

*Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8*

- Genesis 1: CREATION
- Exodus 20:1-17: TEN COMMANDMENTS
- Psalm 1: A GODLY PERSON
- Psalm 23: THE SHEPHERD'S PSALM

- Psalm 32: A PSALM OF REPENTANCE
- Psalm 51: A PSALM OF REPENTANCE
- Psalm 119:1-16: A LIFE OF PURITY
- Psalm 139: ALL ABOUT YOU
- Proverbs 3: A LIFE OF WISDOM
- Isaiah 58: TRUE FASTING
- Isaiah 59: SIN, CONFESSION, REPENTANCE
- Matthew 5:1-17: BEATITUDES, etc.
- Matthew 6: PRACTICAL INSTRUCTIONS FROM JESUS
- John 15:1-17: FRUITFULNESS
- John 17: THE LORD'S PRAYER
- Acts 2:42-47 and 4:32-37: REAL CHURCH
- Romans 12: LIFE AS A LIVING SACRIFICE
- I Corinthians 13: REAL LOVE
- II Corinthians 8:1-15: GENEROSITY
- Galatians 5: FREEDOM IN CHRIST/FRUIT OF THE SPIRIT
- Ephesians 1:1-14: SPIRITUAL BLESSINGS IN CHRIST
- Ephesians 4:17-32: LIVING AS CHILDREN OF LIGHT
- Ephesians 6:10-20: SPIRITUAL ARMOR
- Philippians 2:1-18: IMITATING CHRIST'S HUMILITY, etc.
- Philippians 4:4-9: PROPER THINKING
- Colossians 1:15-23: THE SUPREMACY OF CHRIST
- Colossians 3:1-17: RULES FOR HOLY LIVING
- I Thessalonians 4:1-18: LIVING TO PLEASE GOD/THE COMING OF THE LORD
- I Timothy 6:3-21: MONEY, etc.
- Hebrews 10:19-39: A CALL TO PERSEVERE
- Hebrews 11: FAITH
- Hebrews 12:1-12: RUNNING LIFE'S RACE
- James 1: PRACTICAL EXHORTATIONS
- James 3:1-12: TAMING THE TONGUE
- Revelations 2-3: SEVEN CHURCHES