

DRINKING DEEP

WEEKLY HANDOUT

***Remember:
Spiritual disciplines are ways to create
space for God to speak and act.***

It should really come as no surprise when you hear a lot of emphasis put on reading the Bible. However, many of us wrestle with the reality that we don't read as much as we "should" or "ought" to read. So what might be the motivation that would spur us on to make spending time in the Word a regular rhythm in our lives? Let's be honest, guilt and obligation won't get the job done.

What if instead of just reading the Bible for information, we started reading it for relationship? What if we started reading the Bible as if we were encountering a person and getting to know Him better? What if we didn't see the Bible as just some ancient writings by some guys "long, long ago and far, far away," but instead given to us from God Himself to let us look into His heart and mind and begin to know who He is?

So, as you work on developing the rhythm of the Word in your life, keep reminding yourself that in the Word, you are getting to know Jesus, and He is worth the effort!



The Practice of the Week:

1. Open your Bible to 1 Corinthians 13:4-8.
2. Spend a minute just relaxing and being quiet.
3. First Reading. Read the passage through, one time, slowly. Pause between each clause (for example, "Love is patient," [pause] "Love is kind," [pause]...). After you finish this first reading, be silent for a minute or two.
4. Second Reading. Read the text slowly once again. This time be aware if any words or phrases catch your attention, or seem to stand out in some way. Make a mental note of those. After you finish the second reading, write down those special words or phrases.
5. Reflection. Ponder the words or phrases that moved you. Repeat it a few 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 wonder, What might God want to say to me specifically?
6. Respond. Turn that last question into a prayer, asking God, "What is the word you have for me in this passage? Is there anything you want to say to me today?" Listen. Write down anything you sense God might be saying to you.
7. Rest. Be still and silent for a while. Enjoy the presence of God.
8. Prayer. Thank God for the word and direction you have been given.

For Reflection with a small group or a friend:

1. Were you able to practice the exercise this week? If so, describe how it went and how you felt about it.
2. What, if anything, did you learn about God or yourself through the exercise?
3. If you are comfortable, share one thing you felt God was saying or showing you through your Bible Meditation.

*How did you experience God in this activity? Share it with us!
Email stories@newheightschurch.com*