

PRACTICES FOR ENGAGING

# SCRIPTURE

---



REALITY CHURCH  
OF STOCKTON





## Planning

---

Knowing where to start can be daunting. Consider choosing a reading plan:

- **Psalms and Gospels:** Read one Psalm, and one chapter of the Gospels (Matthew, Mark, Luke, John) each day.
- **Old and New Testament Simultaneously:** Read a chapter from an OT book, and from a NT book each day.
- **End to End:** Start in Genesis and conclude with the book Revelation. (15-30 min a day)
- **Robert Murray M'Cheyne Reading Plan**



## Practicing

---

One suggestion for your daily reading is practicing what is called **Lectio Divina** (“divine reading”) which is an ancient Christian practice that helps us read and live out the Scriptures.

**This practice involves four steps:**

**Lectio:** Reading the Scripture.

**Meditatio:** Meditating on what you’ve just read.

**Oratio:** Praying the Scriptures.

**Comtemplatio:** Contemplating life in light of what the Scriptures say.

When we give unhurried time to each step, we are not only taking in God’s Word, we are also learning to express it and live it out.

**Some helpful questions to ponder through the process:**

- What do I learn about God through this passage?
- What do I learn about myself through this passage?
- What do I want to say to God in light of this passage?
- What would life be like if I truly leaned into what this passage says?





## Hearing

---

**“Faith comes from hearing, and hearing through the word of Christ...”**  
Romans 10:17 (ESV)

Some will find that they struggle to read Scripture and stay focused. In fact, most people will find it to be a challenge. This shouldn't discourage you from engaging the Bible or make you feel bad. This may be an opportunity to recognize that you are an auditory learner who benefits more from listening than reading.

For countless generations, the story of God was passed down through spoken words. Only later in history was the message conveyed through written documents. Hearing God's Word welcomes us into the timeless practice of receiving God's Word from someone else and hearing God speak to us through the voice of another.

Consider downloading the Dwell app or some other resource that allows you to hear the Bible read to you. Find a reading plan that walks you through the various parts of the Bible, both the Old and New Testaments. You may even ask someone you know to read the Bible aloud with you.



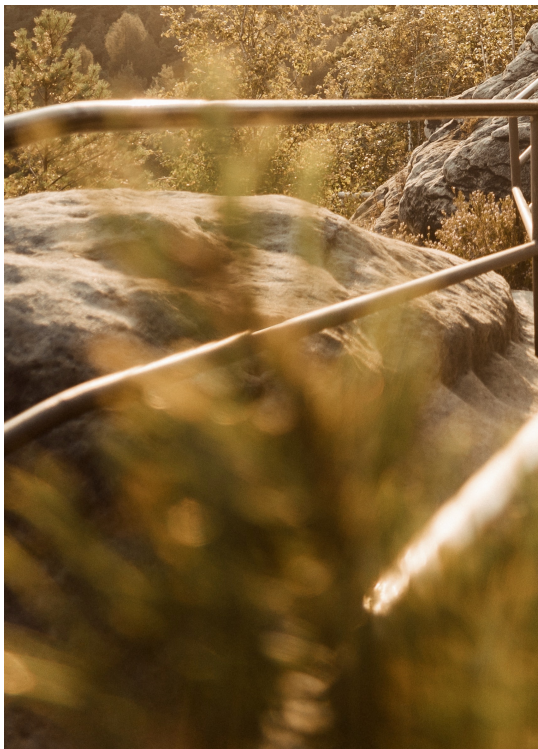
## Meditating

---

**“Oh how I love your law! It is my meditation all the day.”**

Psalm 119:97 (ESV)

Reflect on the passages you read or heard throughout your day. This may mean focussing on one word, name, or idea that stands out to you. Dwell upon it. Consider the implications. Begin to envision your life in light of this meditation.







## Learning Together

---

**Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.” Colossians 3:16 (ESV)**

A vital part of growing in God's Word is learning in community. As we study God's Word in community, we grow in our own personal understanding through the unique work of the Holy Spirit in others.

We are also used by God to help others grow in the process. Join a small group that meets regularly to study and discuss God's Word. Or consider inviting someone to learn the scriptures with you in an informal setting, over coffee or food.

