



# WELLSPRING CHURCH

## LEARN – Scripture Reading

### Introduction:

Jesus and the New Testament writers constantly quote from and allude to the Scriptures. The story of God shapes how they understand the kingdom, see themselves and their mission in the world.

### Scriptures:

Read and discuss 2 Timothy 3v14-16, Hebrews 4v12-13, Psalm 19 and Psalm 119

### Reflection Questions:

1. What books of the Bible and verses are most important to you? Why is that?
2. Have you had a season of robust, rich and meaningful scripture reading? What was it like? What elements were present in your life at the time, which made such a rich season possible?
3. How would you describe your time in the scriptures today? Do you find your time in the bible shaping and transformative (or not so much)? Why do you think that is?
4. What gets in the way of your being in the scriptures? If you were to identify 3 major barriers, what would they be?
5. If you could adjust the frequency of reading the bible or length of time (when you do read), which would you adjust and why?

### Experiment: (Choose one)

1. Read through one of the four gospels this coming week. (Matthew, Mark, Luke, John). While reading, jot down any questions or things that stand out to you. Find a friend or someone from your community that you can discuss together with.
2. See Appendix

### Pod Discussion:

1. As you listened to the podcast (watched the video), what struck you or stood out to you?
2. What was your experience of the experiment like? Was it enjoyable? Uncomfortable? Did you notice anything about yourself, God or the world?
3. Is God inviting you to change anything in the way you do your life?

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## Appendix:

Having established a time and place that are both quiet and free from distraction, set aside 3-5 times this week to practice lectio divina.

Any passage of Scripture can be utilized for the practice of lectio divina. Here are a few suggestions with which to start:

- Psalm 23
- Psalm 100
- John 15v1-17
- Romans 12

After selecting one passage, turn your phone off and leave it another room. Situate yourself comfortably in a quiet, solitary place. Calm your body and quiet your mind before God as you work to prepare your heart to receive what God has to say and to respond accordingly. Finally, invite the Holy Spirit to guide your thinking and feeling as you read.

- Read (lectio): Read the passage slowly and carefully. Take your time. As you move through the text, pay close attention to what words and ideas draw your attention in unique ways. When your focus is drawn to a particular word or thought, pause momentarily to reflect on them with specificity.
- Reflect (mediatio): Upon completing the passage, return to the beginning and read again. On your second journey through the text, allow the text to connect with you personally. Which words or phrases assume a particular resonance with your heart, your season of life, your person in this moment. Posit the following questions: What do I need to know, or be, or do in light of the text? What does this mean for my life today?
- Respond (oratio): Talk to God about your experience.
- Rest (contemplatio): Pause to sit in God's presence before fleeing from the moment. You might express wonder, awe, gratitude, or praise through words, or you might allow yourself to feel and experience these things quietly before God.

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