

POIMA


P - Prayer

- Invite God into your time, asking him to illuminate the scriptures and to be with you.

O - Observation : *What does it say?*

- *Who is speaking? Who are they speaking to? What literary style am I reading? Narrative? Poetry? Discourse? How does this text want to be read? Has the author given a purpose for their writing? Is there anything being repeated?*

I - Interpretation : *What does it mean?*

1. Know where you are in the Story.
2. Use commentaries as a secondary resource to help you dig deeper:
 <https://planobiblechapel.org/constable-notes/>
3. Read the Bible in community, engaging it and interpreting it together. This can be a powerful way of understanding the Bible.

M - Meditation

- Spend time contemplating what you read. Hone in on a particular area and give it more of your attention:

1. Memorization
2. *Lectio Divina (turn this page over for guide)*

A - Application - Begin to ask God, *“How do you want me to respond?”*

Lectio Divina

1) Read (*lectio*): Read the passage slowly and carefully. It could be a small chapter or Psalm, a section of verses, or even a single verse. Take your time with the passage. 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.

2) Reflect (*mediatio*): After reading through the passage once slowly, return to the beginning and read a second time. On your second journey through the text, try to allow the text to connect with you personally. Which words or phrases produce a particular resonance in your heart, or your season of life, or where you're at circumstantially? Begin to ask God, "What do I need to know, or be, or do in light of the text? What does this mean for my life today?"

3) Respond (*oratio*): Talk to God about your experience. If you're confused, tell him that. If you're moved, express gratitude to God. Upset? Tell him about it. Compelled to worship? Worship. If the text has brought something else to mind, talk to God about that.

4) Rest (*contemplatio*): As you begin to close your time, pause to sit in God's presence before fleeing from the moment. This might be a continuation of the time you spent responding to God, or you might allow yourself to just feel and experience these things quietly before him.