



SCRIPTURE

GETTING IN THE RHYTHM OF FEELING SCRIPTURE BY SLOWING DOWN AND IMMERSING INTO IT

READ an entire passage two or three times slowly. Absorb it. Savor it. What words jump out at you? What about the text is exciting, confusing, or frustrating? Be open-minded, stay curious, and ask questions as you read.

THINK about the text and what it meant in its original context. Immerse yourself into it by reading through the perspective of one or more of the characters in the story. What do you see or hear? What is meant to be felt?

APPLY the text to your life. How is God getting your attention through this text? What did you learn? What is He saying to you?

DO what God is teaching you. What is one thing you can do to incorporate this passage into your life today?

