



COKESBURY
STUDENTS

NEXT>STEP

CONFIRMATION

Reading the Bible

Make some time for quiet. Find a comfortable place away from distractions.

We tend to process readings, particularly from the Bible, intellectually. What does this mean? Do I understand this? Rather than approaching the scriptures with your intellect, you are invited to let the words and images connect your heart to God's heart.

You will read each passage three times, listening for a different thing, in a different way, each time.



3 STEPS

- 1.** As you read the verses this first time, listen for the word or phrase that leaps out at you. What word or phrase calls to you or sticks in your memory? As you hear the word or phrase, gently take it into your heart and silently recite or ponder the word during the silence.
- 2.** As you read the verses a second time, meditate on the word or phrase that speaks to you. Let it interact with your thoughts, your hopes, your memories. Consider how the word or phrase is touching your life today.
- 3.** As you read the verses a third time, consider how God is calling you forth into doing or being through this scripture. Allow God to use these words, this story, to touch you, shape you in your life today.

Before you return to your routine activities, spend a few moments in prayer and meditation. If you keep a journal, make some notes about these verses and this time apart. When you are finished, go in God's peace and love.