

Spring Training -- Scripture: *Eat This Book*

Pslam 34.8, 1 Samuel 3.10, Luke 10.25-37, James 1.22-25 // April 2, 2019

“O taste and see that the LORD is good!” (Ps. 34.8).

How you read Scripture determines how you live it.

>> Are you reading for information or for transformation?

Scripture is meant to not just give information, but to transform lives.

>> Are you reading for relationship or just study?

Scripture is designed to lead you into a deeper, more intimate relationship with God

“How do you read it?” Jesus asks. Luke 10.25-37

How to engage Scripture for spiritual transformation

>> Listen // Psalm 40.6, 1 Samuel 3.10

- The primary organ for receiving God’s revelation is not the eye that sees but the ear that hears, which means that all of our reading of scripture must develop into a hearing of the word of God.

>> Respond // James 1.22-25

Lectio Divina: Divine Reading.

>> It is an approach to the Scriptures that sets us up to listen for the word of God spoken to us in the present moment.

>> It is rooted in the belief that through the presence of the Holy Spirit, the scriptures are indeed alive and active as we engage them for spiritual transformation (Hebrews 4.12).

- **Preparation:** Choose a passage of Scripture (no more than six to eight verses in length). **Take a moment to become fully present.** Eyes closed, body relax, aware of God’s presence with you. *Speak, Lord, for your servant is listening.*
- **Read:** Read the passage and *listen for the word or the phrase that is addressed to you.*
- **Reflect:** *How is my life touched by this word?* Once you have heard the word that is meant for you, read the passage again, and listen for the way this passage connects with your life. Ask: What is it in my life right now that needs to hear this word?”
- **Respond:** *What is my response to God based on what I have read and encountered?* Read the passage again, listening for your own deepest and truest response. In silence after the reading, allow your prayer to flow from your heart as fully and as truly as you can.
- **Rest:** *Rest in the Word of God.* In this final reading, you are invited to release and return to a place of rest in God. This is a posture of total yielding and abandonment to the great Lover of our soul.
- **Resolve:** *Incarnate (live out) the Word of God.* Choose to carry this word with you and live it out in the context of where you are and what you’re doing.