

## GROW Study Scripture



### Try a new approach: Lectio Divina

In Latin, Lectio Divina means divine reading. It is a tool for opening your mind and heart to allow God to speak to you through the scripture. Try it this week. Read the passage four times and respond to one of these questions after each reading.

1. Lectio (read): What word or phrase speaks to you?
2. Meditation (meditate): What does your word or phrase mean to you?
3. Contemplatio (contemplate): Allow time for silent reflection
4. Oratio (pray): How is God calling you to act in response to this passage?

### Philippians 4:4-9

Be glad in the Lord always! Again I say, be glad! Let your gentleness show in your treatment of all people. The Lord is near. Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.

From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you.

### Love God with your heart, soul, MIND, and strength

This week, be deliberate in exploring concepts and ideas that expand your mind and help you grow in faith. Commit to looking for new insights as you do one of these:

- Read a book
- Listen to a podcast
- Watch a movie

### Study with others

Small groups can challenge you to grow deeper, consider other people's insights, and encourage accountability. If you are not currently involved in a study group, check out opportunities available during the season of Lent, or start your own.

## “Growing in the Word”

March 8, 2020

**Last week:** Pray five times each day: waking, meals, and bedtime.  
Worship with others every seven days.

Americans and the Bible: \_\_\_\_\_% own a Bible, but more than \_\_\_\_\_ have read little or none of it. 35% of Christians read it weekly.  
Why don't we read the Bible? \_\_\_\_\_  
Without reading the Bible, we will \_\_\_\_\_ to know or walk with Jesus.

### Encountering the Word of God

Why read the Bible? To encounter and hear from \_\_\_\_\_.  
*theopneustos* – God-breathed or \_\_\_\_\_ by God  
The Word of God is \_\_\_\_\_, and the Bible bears witness to that Word.  
The Bible is the \_\_\_\_\_ way we hear from and learn to follow Jesus.

### The Bible in the Life of Jesus

Jesus \_\_\_\_\_ the Bible as a boy.  
Jesus leaned on the Bible when he was \_\_\_\_\_.  
The Bible was the \_\_\_\_\_ of Jesus' own teaching.  
Jesus \_\_\_\_\_ the words of Scripture in his final moments.  
Jesus shows us what is possible when our lives are \_\_\_\_\_ by Scripture.

### Being Formed by Scripture

Read for \_\_\_\_\_ and \_\_\_\_\_.  
Start \_\_\_\_\_. Begin with the Gospels, and read a few verses daily.

*“The point is to master the habit of showing up. The truth is, a habit must be established before it can be improved.” James Clear*

Read \_\_\_\_\_.

Practice \_\_\_\_\_.

1. *Lectio* – Read
2. *Meditatio* – Meditate
3. *Contemplatio* – Contemplate
4. *Oratio* – Pray

### Action Steps

1. Read \_\_\_\_\_ verses of Scripture every day. Work toward \_\_\_\_\_ chapters every week.
2. Try *lectio divina* at least \_\_\_\_\_ this week.
3. Find a \_\_\_\_\_ to study Scripture with.