



SCRIPTURE

Soul Food • Meditation • Convictions

Are you feeling ...

Confused and in need of direction? Curious about the meaning of life? You want to know what is true? Spiritually starved?

WHAT IS SCRIPTURE?

Reading Scripture requires you to have a listening heart that is ready and open to hear what God desires to reveal. The Bible is an ancient text, but it is also God's contemporary word for us (Major Ray Harris). All Scripture is inspired by God and useful to teach, rebuke, correct and train in righteousness (see 2 Timothy 3:16). The Bible exists not only to inform, but to shape the lives of God's people and should be read as an encounter with him. As we read Scripture, we not only gather information about God, but form a

relationship with him. As you grow in your closeness with God, your heart becomes more open to what he desires to show you. The Holy Spirit works through the Scriptures to teach you what is true. God uses his Word to prepare and equip you to do every good work (see 2 Timothy 3:17). God's Word is alive and powerful, exposing your innermost thoughts and desires (see Hebrews 4:12). As you continue to read Scripture for guidance, your soul will be nourished.

WHEN DO I APPLY IT?

As you apply Scripture to your life, first look for what God is saying in the passage. What does it mean? Then apply the verses to yourself. What is God saying to you in these verses? It's not so much about reading to master the text, but rather allowing the text to master and change you.

The following practices have been demonstrated to assist with applying Scripture to your life: 1. Memorizing Scripture; 2. Journaling your insights in a book; 3. Listening

for the Word of God to speak to you in the present moment through Lectio Divina (divine or sacred reading); 4. Meditating on Scripture trains you to stop and pay attention to God and his word. Slowing down and giving your undivided attention to God lies at the core of Christian meditation. The Psalmist looked to God and wrote: "I'll ponder all the things you've accomplished, and give a long, loving look at your acts" (Psalm 77:12 *The Message*).

READY TO PRACTISE SCRIPTURE?

1. Select a study Bible and a reading plan
2. Read a chapter and look for its meaning
3. Select one or two verses and apply them to your life

Want to learn more on Scripture? Download a one-page study guide at www.SASpiritualLife.ca



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