

The Sermon - In 10 Sentences Or Less

Your Home Spiritual Workout 2 - Chewing on Scripture:



1. This week starts what will be the recurring weekly rhythm for the remainder of the series: on Sundays, we'll talk about a spiritual practice or two, and in this Monday email we'll help you try it out for the week to follow.
2. This is a "how" series, not a "what" or "why" series: so, for example, the 2/28 focus is how to interact with scripture meaningfully in your personal spiritual life, not why you should do it or what Christians believe about the Bible.
3. While valuable for many, the notion of copious Bible reading as a cornerstone of personal devotion is a rather new development in church history, given that most common folk didn't own a Bible until sometime between the late 1700s and 1900 (or even have the ability to read it).
4. One method for scriptural engagement is found all over the Old Testament (Psalm 1.2 and 119.14-16, for example) is to "meditate" on it, which literally means to chew or gnaw on it.
5. You can do this by reading and rereading the same short text throughout the day or over the course of several days, by praying a specific passage throughout the day or over the course of several days, or spend the week revisiting the key texts or lessons from Sunday worship throughout the week.
6. The New Testament speaks of scripture being active and living, full of God's breath (2nd Timothy 3.16) or a sword wielded by the Spirit to reveal our deepest selves (Hebrews 4.12; Ephesians 6.17), so how can we experience this for ourselves?
7. One way is to employ the most historic Christian way of interacting with the Bible called Lectio Divina (or Sacred Reading), dating back to 300 A.D.
8. Lectio Divina is a fourfold process that can be done in as little as 10 minutes: a) read a text (slowly, aloud, and multiple times), b) think about that text, respond to that text, and be silent with the text.
9. When you "think about the text," you work through things like - If I were a character in this story, what would I experience?; To what is my mind drawn, what does it want to avoid, and what don't I grasp?; What's my emotional response to the text?; And, how does your life at this moment intersect with the text and its message?

10. In the 3rd or "respond" step, you are talking to God about your experience of the text, and asking Him how He wants you to respond; in the last or "be silent" step, you say nothing, and in the silence you're giving God the chance to have the last word.

Try It Out This Week

So this week, give it a shot, even if you've never tried scriptural meditation or lectio divina before. With just a little intentionality, both can be done in a short amount of time.

Maybe try one day or set of days for meditation, and one session on lectio divina?

Given that lectio divina may be entirely new to some, here's another resource that explain it further, hopefully putting you a little more at ease with it; this resource breaks it into six, not four, steps, but it's basically the same: [Lectio Divina: Engaging the Scriptures for Spiritual Transformation](#)

Quote to Remember

"The Word of Scripture should never stop sounding in your ears and working in you all day long, just like the words of someone you love...Ponder this word long in your heart until it has gone right into you and taken possession of you." (Dietrich Bonhoeffer)

Prayer for the Week

As requested in the YouTube chat during yesterday's worship service, here's the opening prayer we used: [Adapted from Liturgies](#):

Sacred Wind, come blow upon us this morning; let us feel Your presence. Solid Rock, anchor us and hold us to You. Sacred Fire, burn ever brighter, and may Your truth shine forth here. Water of Life, restore us and satisfy our spiritual thirst. We pray this for the sake of Jesus and His Kingdom, amen.