



# Scripture

## Starting Practice

Scripture is the divinely inspired library of writings, known to us as the Bible, that tell one unified story, leading to Jesus.

The habit of scripture is the consistent integration of the Word of God into our lives through rhythms of approach, encounter, and response:

**Starting Practice:** Engage with scripture daily for 10-15 minutes. Focus on simply listening to and yielding to God's Word rather than seeking to acquire information or master a particular technique. Use the following 3-step process (Approach-Encounter-Respond) as your guide.

### Approach

With the rhythm of approach, we cultivate an attitude of prayer and humility toward the scriptures. Identify a consistent time and place to engage with scripture. Consider how you might give God your "best" time (i.e. early mornings, part of your lunch hour, late evenings). This will likely look different for each person depending on life stage, and that is okay. Pick a location where you will experience minimal distraction, preferably a quiet place by yourself. Hold an open and yielded posture before God. Start with prayer, inviting God to reveal Himself to you as you engage with scripture. Consider a simple, short prayer like: "God, I yield myself to you and to your Word today. Please transform me."

### Encounter

As we engage with Scripture we are opening our lives to meet God in and through the scriptures. Engage with the text slowly and prayerfully. There are many different approaches you might use as you build this habit of engaging with scripture daily: study, memorization, contemplation (i.e. lectio divina), reading scripture aloud. Check out the "Approaches to Engaging Scripture" one-sheet at [cpc.org/rule](http://cpc.org/rule) for some guided instructions for each. As you engage with the text, consider what God might be highlighting to you about Himself, yourself, and others. How and where might this text intersect with your life and current circumstances?

### Respond

Our response is the integration of our encounter with God in scripture into the daily contours of our life. Take some time to journal about what God may have revealed to you in this time. Is there a truth that you need to hold onto? Is there something that you practically apply today? How might God want to change you through this passage? Close your time in prayer, once again offering yourself to the Lord and yielding to the transforming power of his Spirit and Word.

### Practical Tips for Scripture:

- Consider how you can guard against distraction (muting notifications on your phone, blocking off your calendar, finding a quiet room, turning off and setting aside devices).
- Start where you are, not where you think you should be, and feel free to make adjustments as needed (i.e. time, location, how much you read).
- When considering where in the Bible to start, you may consider reading a Psalm daily, or slowly reading through one of the four Gospels (Matthew, Mark, Luke, or John). If you are looking for a daily reading plan, you may find the annual reading plan by the Bible Project to be a helpful resource.
- There will likely be questions that come up as you read, and that is okay. Write down your questions and thoughts as they come, but don't allow them to discourage you. You can study the Bible for a lifetime and still have questions! Process questions and internal resistance that may surface with a mentor, community group leader, or pastor.



# Scripture

## Stretch Practice

Scripture is the divinely inspired library of writings, known to us as the Bible, that tell one unified story, leading to Jesus.

The habit of scripture is the consistent integration of the Word of God into our lives through rhythms of approach, encounter, and response:

**Stretch Practice:** Engage with scripture daily for as much time as you are able as you start and move throughout your day. Focus on simply listening to and yielding to God's Word rather than seeking to acquire information or master a particular technique. Use the following 3-step process (Approach–Encounter–Respond) as your guide. Linger, re-visit, and meditate on a particular text God highlighted to you throughout your day.

### Approach

Identify a consistent time and place to engage with scripture upon waking up and before going to bed. Consider how you might give God your “best” time and your full attention. This will likely look different for each person depending on life stage, and that is okay. Pick a location where you will experience minimal distraction, preferably a quiet place by yourself.

Hold an open and yielded posture before God. Start with prayer, inviting God to reveal Himself to you as you engage with scripture. Consider a simple, short prayer like: *“God, I yield myself to you and to your Word today. Please transform me.”*

### Encounter

Engage with the text slowly and prayerfully. There are many different approaches you might use as you build this habit of engaging with scripture daily: study, memorization, contemplation (i.e. lectio divina), reading scripture aloud. Check out the “Approaches to Engaging Scripture” one-sheet at [cpc.org/rule](http://cpc.org/rule) for some guided instructions for each. As you engage with the text, consider what God might be highlighting to you about Himself, yourself, and others. How and where might this text intersect with your life and current circumstances?

### Respond

Take some time to journal about what God may have revealed to you in this time. Is there a truth that you need to hold onto? Is there something that you practically apply today? How might God want to change you through this passage? Close your time in prayer, once again offering yourself to the Lord and yielding to the transforming power of his Spirit and Word.

### Practical Tips for Scripture:

- Consider how you can guard against distraction (muting notifications on your phone, blocking off your calendar, finding a quiet room, turning off and setting aside devices).
- Start where you are, not where you think you should be, and feel free to make adjustments as needed (i.e. time, location, how much you read).
- When considering where in the Bible to start, you may consider reading a Psalm daily, or slowly reading through one of the four Gospels (Matthew, Mark, Luke, or John). If you are looking for a daily reading plan, you may find the annual reading plan by the Bible Project to be a helpful resource.
- There will likely be questions that come up as you read, and that is okay. Write down your questions and thoughts as they come, but don't allow them to discourage you. You can study the Bible for a lifetime and still have questions! Process questions and internal resistance that may surface with a mentor, community group leader, or pastor.