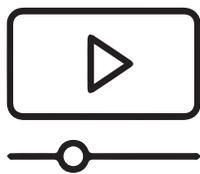
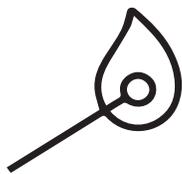


Bible Reading - discipline four in our spiritual formation series

HOW TO GET STARTED.



SPIRITUAL FORMATION THROUGH BIBLE READING

This quarter, we will focus on becoming more like Jesus through the intentional practice of Bible reading and meditation. For some of us, reading our Bible may seem like one of the most basic spiritual practices. Maybe you grew up hearing that you needed to “read your Bible and pray every day.” Yet, it has become like flossing; you know it’s good for you, but you don’t particularly look forward to it (or take the time to do it). For some of us, the idea of daily Bible reading has become a source of guilt and shame. We start a new Bible Reading Plan in January and lose steam by mid-February. For others who are just starting to follow Jesus, reading the Bible feels overwhelming and you’re unsure where to start.

No matter where you are in your Bible reading journey, we invite you to engage or re-engage with this ancient practice and hear from God through His Word. We live in a world where thousands of stories and messages compete for our attention on a daily basis. The practice of Bible reading and meditation will help you let the eternal Word of your loving Father be the primary story and voice in your life. The One who created you, knew you in your mother’s womb, loves you deeply as His son or daughter, and who ultimately gave His only Son to suffer and die for you...THIS God does not want to get lost in the noise of your life. He has revealed Himself to you through His Word, the Bible. It’s more than biography, history, poetry, and some pretty strange apocalyptic stories (though it is also those!); it’s the story of God’s love for you. And every time you open it on your own or with your community, God is inviting you to hear from Him, to know Him, and to receive His love.

Like the previous formation guides, this guide to Bible Reading is broken into four parts for you to work through sequentially with your Missional Community, on your own, and with your DNA group. Each part builds on the previous one and will help form you into a person who is actively listening to God through His Word, receiving His love, thinking with God throughout your day, and ultimately being transformed to become more like Jesus.

Part 1: The Word of Life

Part 2: The Word *with* Us

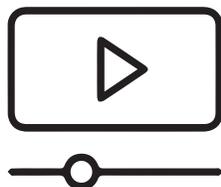
Part 3: The Word *in* Us

Part 4: The Word *through* Us

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Bible Reading - discipline four in our spiritual formation series

HOW TO ENGAGE WITH THIS PRACTICE



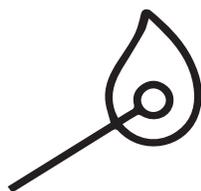
Learn Together through a Sermon

Each quarter includes learning together in our Sunday gathering about a spiritual formation practice. This sermon sets the foundation and if you miss it, please take time to watch or listen. This foundation sermon, preached as part of our Nehemiah series on October 25, 2020, is available on the Doxa website and app.



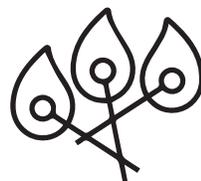
Missional Community (or DNA Group) Discussion

Using the this guide, you will work through four parts with your community. Just follow the prompts. Start here before jumping into the individual practices. If you are not currently meeting as a missional community because of COVID, you can also engage in this discussion with your DNA group or another community of friends or family.



Individual Practices

After discussing the practice in community, you're invited to try exercises on your own to help you grow in hearing from God through Bible Reading. Don't worry about getting it right or being perfect, just try to work through the practice and take note of what was hard, what you enjoyed, and what God was teaching you. You will then reflect on this with your DNA group.



DNA Group Reflection

After you have experienced these practices yourself, your DNA group will meet to reflect on this experience and what God is teaching you through the process. Use the provided questions to guide your DNA conversation, but feel free to let the conversation go beyond these.

BOOKS ON SPIRITUAL FORMATION

Invitation to a Journey
The Spirit of the Disciplines
Celebration of Discipline
Sacred Rhythms

Robert Mulholland
Dallas Willard
Richard Foster
Ruth Haley Barton

BOOKS ON BIBLE READING

Eat This Book
Shaped by the Word
Meeting God in Scripture
How to Read the Bible for All Its Worth
Women of the Word

Eugene Peterson
Robert Mulholland
Jan Johnson
Gordon Fee
Jen Wilkin