

# SPIRITUAL DISCIPLINES: FOR EVERYDAY PEOPLE

## Ideas for Bible reading: “Read, Pray, Repeat, Repeat”



- Biblical meditation **repeats God's words** from the Bible to yourself so that they take root.
- Christian meditation is not an emptying of the mind, but a filling the mind with God's word.
- Commit this month to trying at least a couple of the ideas below.
  - \* You're invited to do the **01.11.21 Reading Plan** and memorize Psalm 1 with us
  - \* We want to hear your stories and experiences

### 1- WANT TO STAY CONSISTENT? **COME UP WITH A PLAN**

- **01.11.21 Reading Plan** starts Jan 11 – find it at [flefc.org](http://flefc.org)
- **Psalms Reading Plans** are still available
- A book (Galatians, Ephesians, Philippians, Colossians, Ecclesiastes, Jonah)
- A “chunk” (The Ten Commandments, The Beatitudes, The Sermon on the Mount)
- A theme, character (Elisha, Jonathan) or topic (Fruit of the Spirit)

### 2- USE QUESTIONS FOR REFLECTION:

- Seeking God:** What does God tell us **about Himself** in this reading?
- Seeking Growth:** What does this reading tell us **about people (ourselves and/or others)?**  
What is something I can take from this reading and **live out today?**
- Seeking Good:** What is something from this reading that I can share **with someone else?**

### 3- MIX UP SETTING AND POSTURE

- Somewhere new/Something not typical, try preparing/setting aside a space,
- Different postures can help: standing, sitting, kneeling
- Try reading/listening to the Bible *while walking*
- Instrumental Music

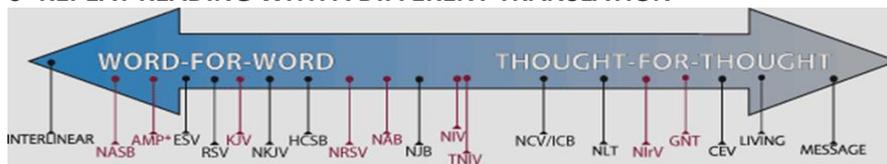
### 4- TRY **DIFFERENT WAYS OF INTAKE/REPEATING**

- Listen to the Bible Apps: Bible.IS (free), YouVersion (free), Dwell (\$30/yr)
- Read aloud: lets you read and hear at the same time
- Write out some of the passage: slows down your repeating and reflecting

### 5- DIG INTO THE PASSAGE

- (Print it off and) Mark it up
- Look for repeated words/thoughts
- Look for the verbs
- Repeat reading with emphases on different words  
ex. I am the resurrection and the life, I **am** the resurrection and the life,  
I am **the** resurrection and the life, I am the **resurrection** and the life,

## 6- REPEAT READING WITH A DIFFERENT TRANSLATION



NASB/ESV- Word-for-Word  
(More literal)

NLT- Thought-for-thought  
(More conceptual)

The Message  
(Paraphrase: don't use on its own)

### Recommended translations: ESV, NIV, NLT, NASB, NKJV

If you are unfamiliar with a version, do some research! (Some versions are

#### \*Websites for reading different versions:

1- [biblegateway.com](http://biblegateway.com) 2 - [blueletterbible.com](http://blueletterbible.com) (gives information about biblical words/meanings)

## 7- READ THROUGH PSALM 119

- **176 verses, 22 sections** (to help you divide up your reading over a week or two)
- **An alphabetic acrostic:** each section then represents a Hebrew letter. The first eight verses all begin with the letter Aleph. Verses 9-16 all begin with Beth, and so on throughout the psalm.

*The one theme of this Psalm is the word of the Lord. The Psalmist sets his subject in many lights, and treats of it in diverse ways, but he seldom omits to mention the word of the Lord in each verse under someone or other of the many names by which he knows it...it is the fruit of deep experience, careful observation, and earnest meditation.* –Charles Spurgeon

## 8- INCLUDE OTHERS

- Going through the passage together (family, roommates)
- Commit to a plan with others: bring the passage and your reflections back to the group (text)
- Look up what others have learned and taught about a passage

## 9- MEMORIZE A VERSE/PASSAGE

- *Meditation "on the go"* ("Meditate day and night")
- **Suggestions:** Psalm 1, Psalm 100, Psalm 23, 1 Corinthians 13, Romans 8, Philippians 2:1-11

## 10- REPEATING NEEDED TRUTH TO YOUR SOUL

- Pick a verse that becomes a biblical prayer or truth to keep coming back to over the next few weeks. What passages addresses something that you know you need to be reminded of?
- Write it down to take with you, put it up on a mirror or in your car, memorize it, phone it in a daily phone alert/reminder

“Cease <i>striving</i> and know that [He is] God...”	Psalm 46:10
Bless the Lord, O my soul. All that is within me, bless His holy name	Psalm 103:1
“Why are you in despair, O my soul? And <i>why</i> have you become disturbed within me?	Psalm 42:5
Hope in God, for I shall again praise Him <i>for</i> the help of His presence”	
“I am fearfully and wonderfully made”	Psalm 139:14
[One of the beatitudes]	Matthew 5:1-11
“For God has not given us a spirit of timidity, but of power and love and discipline.”	2 Timothy 1:7
“Therefore there is now no condemnation for those who are in Christ Jesus.”	Romans 8:1
“But in all these things we overwhelmingly conquer through Him who loved us.”	Romans 8:37
“Delight yourself in the Lord; And He will give you the desires of your heart.”	Psalm 37:4
“For we are His workmanship, created in Christ Jesus for good works”	Ephesians 2:10
“Be strong and let your heart take courage, ...you who hope in the LORD.”	Psalm 31:24
“The LORD is near to the brokenhearted and saves those who are crushed in spirit.	Psalm 34:18
“...to the extent that you did it to one of these brothers of Mine, <i>even</i> the least of <i>them</i> , you did it to Me.”	Matthew 25:40
For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world —our faith.	1 John 5:3-4
“Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,	1 Peter 5:6
“casting all your anxiety on Him, because He cares for you.”	1 Peter 5:7
“ <i>For I am</i> confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.	Philippians 1:6
“Do nothing from selfishness or empty conceit,	Philippians 2:3
but with humility of mind regard one another as more important than yourselves”	
“Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.”	James 4:8
“...believe that He exists and that He is a rewarder of those who seek Him”	Hebrews 11:6
“No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.”	1 Corinthians 10:13
“The LORD your God is in your midst, A victorious warrior.	Zephaniah 3:17
He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.”	
“When pride comes, then comes dishonor, But with the humble is wisdom.”	Proverbs 11:2



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