

Recommended Spiritual Exercise (The Benedictine Style of Bible Study)

Step One: Select a book of the Bible (I suggest beginning with a Gospel) and read one chapter daily. Read this chapter slowly, prayerfully, and with an open heart to the Christ who is present. The attitude should be “Lord, what do you want to say to me today through your Word?”

Step Two: Choose a portion of Scripture that speaks to you. Let your heart act like a Geiger counter in detecting God’s truth for you that day. It can be a phrase, a word, a sentence, or a verse, but as soon as you read it you know in your heart that this truth is for me today. These particular words from scripture hit you; they warm your heart, they excite you, or they even burden you. Repeat the word, phrase, or verse out loud or mentally, allowing its full impact to hit your heart.

Step Three: Quietly reflect. Enter into silence and ask God to speak to you about these words. Ask the Holy Spirit to guide or energize your thoughts to align with His. “How are these truths to impact my life, O Lord?” This can be your prayer.

Step Four: Respond. Pour out your heart to God about how you feel about these truths and their impact on you. Release your feelings, your thoughts, the weaknesses, the strengths, the triumphs, the failures. Pray your needs about God’s truth given to you.

Step Five: Pray for whatever you need. Or whatever else is on your heart.