

BIBLE READING MADE SIMPLE: TWO METHODS

Once you have decided on a section of scripture to read, then it is time to read it in a way that will allow you to better understand the passage and apply it to your life.

The following two methods of reading, reflecting and praying scripture have been done for centuries and they still prove to be helpful to many today.

Lectio Divina Method

Lectio Divina works well with any passage from the Bible that you may chose to read.

(For the three readings you may want to use the same translation of the bible or a different translation each time.)

1. Read the Scripture text/aloud – **What word or phrase stands out to you?**
2. Read the Scripture text again/aloud – **Talk to God about the text, what you are thinking, what you are feeling and how it relates to your life** (this prayer may be in your head or written down). In other words, pray the Scripture.
3. Read the Scripture text again/aloud – **How can this Word/this text become incarnate, take on human flesh, alive in my life, what would God have me do or be?**
4. Contemplation - **Come before God and be silent.** You need not do or say anything, **just let God love you.**

Ignatian Method

The Ignatian method works best when used with a story in the Bible.

This is due to the fact that in this method you are being asked to enter into the story as you read it

(For the two readings you should use the same translation of the Bible.)

1. Read the Scripture text aloud.
2. Spend **one or two minutes in silence and inner stillness.**
3. **Ask yourself: Who/what/where am I in the passage?**
4. Read the Scripture text aloud slowly.
5. **Reflect/journal on what you saw, heard, did from your perspective.**