

WEEKLY REFLECTION

The second in our series on the spiritual disciplines is that of reading Scripture, and what a discipline it is! When describing their Scripture reading habits, most people will admit that they don't know where to start. God's Word can be difficult and confusing, and it is hard to read long passages at a time. But Psalm 1 gives us a beautiful picture of what we can and should look like.

As the man in Psalm 1 meditates on the Scriptures day and night, his discipline has turned to delight. (v.2) He has become like a tree planted by streams of water, whose leaves do not wither but bear fruit instead (v.3a) In anything that he does, he prospers (v.3b)—*not* because he has won God's favor by keeping up with His Word, but because he is so deeply rooted in the Word of God that he can withstand any challenges or difficulties that life throws at him.

Though it can be difficult for us to know where to start, we can begin with the three words shared with us on Sunday. The first word is *adore*: we must learn to adore God and His Word. The man in Psalm 1 *delights* in God's Word. That is why he meditates on it day and night (v.2) When you love someone, you want to read their words to you over and over. So it is with God's Word, which is a love letter from Him to all of us.

The second and third go hand in hand: as we *abide* more in God's Word, soak and immerse ourselves in it, we will learn to love it more and more. But for that to happen, we must first *act*: we must challenge ourselves to do this thing that has been set out in front of us. We can also pray for a thirst of God's Word, and memorize passages of Scripture. But we must *act*—and then we will see how He transforms us.

QUESTIONS

QUESTION ONE:

What has been your experience with the habitual reading of Scripture? How have you tried to implement the discipline of Scripture reading in your daily life?

We received a lot of good advice in regards to the three “A”s on Sunday: (1) adore; (2) abide; and (3) act. Can you recall all that was shared? Have you tried any of the practices that were mentioned? How did you implement them, and what was the result?

QUESTION TWO:

It was also suggested on Sunday that our difficulty with reading Scripture might not be just a “head” issue, but a “heart” issue. How true do you think that is, and how might you address those blockages? How might you look for resources that would be helpful, and address any heart issues that are stopping you from getting closer to Jesus?

QUESTION THREE:

As we recall the discipline of fasting that we talked about last week, now would be a good time to touch base with one another and share concretely your plans for the 40 days of Lent. What are you fasting from, and how will your fast help you be more focused on Jesus?

How might you combine the disciplines of fasting and Scripture reading to start or strengthen your habit of Scripture reading? How might you fill yourself with even more of Jesus during this time, especially as you are emptying yourself of the worldly things during your fast? Most importantly, how can your group support you during this time, to help each other move from a place of discipline to true joy and delight in the Lord?