

**INTRO**

- What is a favourite book of yours or what's a book you've recently read?

**READ**

- Acts 2:42; Mt 4:4; Mt 7:24-27

In this summer series, we are exploring what the church devoted themselves to *then* in order to help us to see what we should devote ourselves to *now*.

**REFLECT & RESPOND**

They devoted themselves to the apostles teaching. In other words, they committed themselves to learning & studying scripture, particularly the words and teachings of Jesus.

**DEVOTION IN AN AGE OF DISTRACTION**

Jesus compared the importance of scripture like food is to our bodies (Mt4:4). And yet, for many of us, scripture reading is a hard habit to build and sustain because our lives are full of other distractions.

*Qu: do you read the bible regularly? What makes it hard for you to read scripture more deeply and intently?*

**ENCOUNTER GOD THROUGH SCRIPTURE**

God has chosen to reveal himself to us generally through creation, but more specifically and intimately through Jesus and Scripture. The invitation is to get to know, trust, love and obey this God through our Bibles. In turn, we also discover more fully who we are as we grow to discover who God is. When we come to the Bible, we should aim to read for transformation, not just information; to grow our relationship with the person of Jesus, not just go through the motions of a daily devotion.

*Qu: what are helpful and unhelpful ways we can approach bible reading?*

**PRACTICE: LECTIO DIVINA**

Lectio Divina ("sacred reading") is an ancient approach to the Scriptures that helps us read scripture for personal transformation. It involves 5 movements:

1. **Read:** choose only a few verses and read multiple times
2. **Reflect:** what word or phrase sticks out to you?
3. **Respond:** how might God be speaking to you through that word or phrase?
4. **Rest:** choose to accept and rest in God's word for you
5. **Resolve:** put it into practice in your daily life

If you've never tried this approach, why not use the summer to give it a try?

*Qu: how can your small group help you cultivate a life-giving bible reading habit?*

**Resources:** these are 3 helpful apps to get you into your bible more often, and get more out of your bible time:

- [Bible by Youversion](#) (for reading plans)
- [Dwell](#) (listening to scripture)
- [The Bible Project](#) (study)

**RESPOND & PRAY**

- Pray for a greater hunger for Scripture
- Pray for a greater revelation as you read scripture
- Pray for one another and any needs