

## Spiritual/Sacred Reading

### Definition of a Spiritual Discipline

A spiritual discipline is an activity undertaken to bring us into more effective cooperation with Christ and his Kingdom.

### Spiritual Reading

Spiritual reading is the discipline of openness to encounter God through the writings of the mothers and fathers of the church, beginning with the Scriptures. (Robert Mulholland)

Spiritual reading combats the powers of the information age by allowing God to control the narrative

In Spiritual Reading, the text is the subject and we are the object

Informational Reading	Spiritual Reading
Analytical	Contemplative
We set the agenda	God sets the agenda
Fast	Slow
Broad	Deep

### Lectio Divina

Silence (silencio)	Preparation for spiritual reading Inner shift from control to receptivity From information to formation From observation to obedience
Reading (lectio)	Reading/receiving Nurtures "sensing" dynamic
Meditation (meditatio)	Processing Nurtures "thinking" dynamic
Speaking (oratio)	Response to God from the heart Nurtures "feeling" dynamic
Contemplation (contemplatio)	Yielding and waiting upon God Nurtures "intuitive" dynamic
Incarnation (incarnatio)	Living out the text

Prayer of Mike Bradley: "Lord, do whatever You need to do IN me so You can do whatever You want to do THROUGH me"

### **Psalm 27:1-5**

- <sup>1</sup> The Lord is my light and my salvation—  
whom shall I fear?  
The Lord is the stronghold of my life—  
of whom shall I be afraid?
- <sup>2</sup> When evil men advance against me  
to devour my flesh,  
when my enemies and my foes attack me,  
they will stumble and fall.
- <sup>3</sup> Though an army besiege me,  
my heart will not fear;  
though war break out against me,  
even then will I be confident.
- <sup>4</sup> One thing I ask of the Lord,  
this is what I seek:  
that I may dwell in the house of the Lord  
all the days of my life,  
to gaze upon the beauty of the Lord  
and to seek him in his temple.
- <sup>5</sup> For in the day of trouble  
he will keep me safe in his dwelling;  
he will hide me in the shelter of his tabernacle  
and set me high upon a rock.

### **Meditation Questions**

What did you notice?  
Where did your mind go when hearing the text?  
Was there a word or phrase that jumped out to you?  
Is there a promise to hold onto?  
Is there a command to obey?  
How did it make you feel?

### **Contemplation Questions**

“God, what do You want to tell me?”  
“Lord, what do you want to do in me?”  
“Lord, what do you want to do through me?”  
BTW – the Bible App by YouVersion

### **Incarnation Questions**

What is God asking you to do with what he told you today?  
How will you practically live that out this week?