

Practice

Daily reading of Scripture

Information alone doesn't produce transformation. To grow, let's put what we've learned into practice.

Last session, you conducted a Formation Audit. You made a list of all your habits and relationships, and then you attempted to connect the dots between them and your formation or deformation.

Did you identify any habits or relationships or stories that seem to be having a negative effect on you?

This session's practice is to take the next step and replace an old habit with a new practice.

And if it's not already a part of your daily life with God, we invite you to begin the practice of reading Scripture. The best way to do this is likely to *add* it to the daily prayer rhythm you began two sessions ago. Hopefully by now you're learning to carve out a quiet place and time, and come to quiet before God. A next step could be to integrate the reading of Scripture into your daily rhythm in a prayerful, peaceful way.

Here are a few reminders from the Prayer Practice:

01 Find a quiet *place* that is distraction-free

- This could be a corner in your home or a nearby park. Find somewhere that you can focus and be at peace

02 Find a quiet *time*.

- For many people, first thing upon waking is the best possible time to do this; but for you, it may be before bed, or while your baby is napping mid-morning, or on a lunch break.
- The general rule is: *Give God your best time of the day.*

03 Come to quiet.

- If at all possible (unless you're using an app such as Lectio 365 or Pray As You Go to guide your prayer time), put your phone away in another room. Start with a few deep breaths ... in and out of your nose, and let your mind and body calm down.
- This may take a few minutes. You're not in a hurry. ○ And then...

04 Open your heart to God in prayer.

- Again, there's no "right" way to pray. But you don't have to start from scratch.

05 Read Scripture

- o Choose a section of Scripture or follow a Bible reading plan suggested in the Keep Growing section below.
- o As you read, you might want to notice what resonates with you, what emotionally lifts off the page and into your heart.
- o Your goal is to listen for Jesus' voice coming to you.

This whole exercise can be done in five minutes, or it can easily take up to an hour — again, that's up to you. The key is: Start where you *are*, not where you feel you "should" be.