

# SACRED RHYTHMS | praying Scripture

**Materials:** Bible, Journal

## **Brief Description:**

Praying Scripture is a conversational, devotional approach to God's Word. When approaching Scripture in this way, you are not merely reading the words to grasp the content, you are allowing God's Word to guide a prayerful conversation. Listen for God's message to you, and stay alert to how your heart may be prompted to respond to God.

## **Doing the Practice:**

- Prayerfully choose a Psalm or another Scripture to which you feel drawn
- Begin in silence. *It may be helpful to take a few deep breaths.*
- Read through the passage once or twice. Notice the little tugs, the words that grab your attention, the images and memories that are evoked, the people that may come to mind.
- Rewrite the passage in your own words, inserting your own conversation with God. Change the words to fit your situation. Spend time, meditate, dialogue with God. Be open to God's words, God's images.
- When you feel your time is complete, read over what you wrote and consider writing a prayer of response. Give thanks to God for your time together. Reflect on this experience for a few minutes and notice how you were able to enter into the presence of God by way of the practice. It may be helpful to record your reflections in a journal.

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*Sample Text:*

### **Matthew 6:25-27 (New Living Translation)**

*Jesus said, "That is why I tell you not to worry about everyday life- whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?"*

*Sample Response:*

*Jesus, forgive me for the many times I have worried in the past week. So many times I've gotten caught up in the day-to-day details of the material side of life. Thank you for calling my attention to the birds, and for reminding me of your love for me. Help me to quit worrying (it doesn't help anyway!) and to serve you joyfully and faithfully.*