

## HOW TO READ THE BIBLE SLOWLY

In a fast-paced world, sometimes the healthiest thing we can do is slow down. By slowing down the way we read the Bible and even the amount that you read, you will realize that you can read the same thing, multiple times, multiple days, and still receive something new.

### Through Repetition

Meditate on a small portion of scripture (i.e. a word, part or all of one verse). If you don't know where to start, try ["The Lord's Prayer"](#) or [Psalm 86:11-13](#).

Invite the Holy Spirit to inspire your meditation. Read the scripture, write it out, say a word or words aloud, sing the verse and pray the verse. If you want to try a guided experience like this, check out [IHOP: Encountering God Through Scripture](#).

As you try this, consider: what is God's Spirit revealing to you through these words and this process?

### Through Memorization

Taking the time to memorize a portion of scripture that is meaningful for you will have a profound affect. You will find that it comes to mind more often, and that it gains more and more meaning throughout your life.

Here are a couple of apps that can help: [Verses](#) or [Bible Memory Verse](#).

Another approach to memorization is to establish a "Life Verse," a specific Bible verse that relates to you on a unique level and can serve as an anchor throughout your life. For help on this, check out the chapter on choosing your own Life Verse in Bill Hybels' book, [Simplify](#).

### Through Experiencing God's Word

Another benefit of slowing down is the ability to actually experience the presence of God in and through the scriptures – by not just reading meaningful and inspired words off a page, but by opening ourselves to encountering him in the moment and between the words. Instead of reading to understand, it's a chance to be with God through reading, listening and contemplating.

For anyone interested in this more experiential approach, here are some long-standing methods you could try. They may seem strange or uncomfortable at first, but it's incredible how God's words can come alive when we allow ourselves to explore them in fresh ways.

- [Lectio Divina](#) (which means Divine Reading) is one way Christians have practiced reading the Bible in a slow and contemplative manner. This works well in [small groups](#), but you can also take the same method and apply it individually. Here are some [helpful tips](#) when starting out.
- [The Ignation Method](#) or "Imaginative Prayer" is reading a Bible story and intentionally imagining more of the details to bring the story to life. This helps you experience the story more tangibly and emotionally, discovering what God might be saying specifically to you through this story. For an example of a guided exercise through an imaginative prayer or reading, check out this Christmas meditation from [The Liturgists: A Light \(Track 8, Nazareth to Bethlehem\)](#).

### **Other Recommendations:**

["A Long Obedience in the Same Direction", by Eugene Peterson](#)

["57 Words That Changed the World: A Journey Through the Lord's Prayer", by Darrell Johnson](#)

["Sing: A Resource for Singing The Psalms"](#)

*"We read scripture with the knowledge and history of our past and no longer see what is there. As I slow down and let the Bible read me, I gain a new perspective. I see the way my ideas, thoughts and actions need to be turned around, redirected."*

-Eugene Peterson