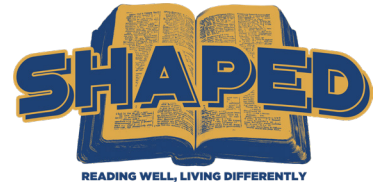


EXERCISE

Learning the Language



The Bible isn't just information about God — it's God speaking to you. That's why we often say "When we open our Bible, God opens his mouth." This week, practice a simple form of prayerful reading that invites you to slow down and practice the posture of listening before anything else.

How to practice — do this at least three times this week

1. Find a quiet place. No phone, no music, no distractions.
2. Read the passage slowly and out loud. Don't rush. Just read it through once.
3. Read it again. Notice what word or phrase catches your attention.
4. Sit quietly, meditating on that word or phrase. Notice your thoughts and feelings about it. Is it convicting? Comforting? Challenging? Something else?
5. Respond to God in prayer — out loud or in writing — in your own words.

Your passage for the week:

"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." Hebrews 4:12 (ESV)

After each reading — write your observations

Reading 1 — What word or phrase stood out? What did you say to God?

Reading 2 — Did the same word stand out, or something different? What shifted?

Reading 3 — What is one thing you heard God saying to you through this passage this week?

Consider discussing your experience with your small group: What did it feel like to approach Scripture as listening rather than studying? What made it easy or hard?