

Dwelling in the Word

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.

Colossians 3:16

Choose a passage of scripture or a hymn that you'd like to use for your reflection time; then decide which of the three exercises below you'd like to practice. Each one is a different way to dig deeper into God's Word and to open yourself to what God might be saying to you today. When you have finished, take a moment to offer your reflections to God in prayer; rest and be still in God's loving presence. Go in peace.

Journaling Reflections

After jotting your initial reactions to whatever text you've chosen, spend some time reflecting on one (or more) of the following questions:

- How do you perceive God moving through this text?
- What questions does this text raise for you?
- What images of God or Jesus or the Holy Spirit emerge from this text?
- When is a time in your life that it might be really comforting to read this text? When might it be challenging?
- What do you think God might be saying to you through this text?
- What are you looking for in this text?
- What wisdom does this text give you about the life of discipleship?

Dialoguing with Scripture

Choose a story (some suggestions below) and read it slowly. Let the images fill you up.

Notice which character(s) you feel drawn to in the story – it might be a person you agree with or perhaps someone you want to question or argue with

Hold an imaginary conversation with this character – write your conversation on paper

Your conversation might be about what's happening in the biblical story, or you may wish to talk about something else with them – let your imagination run free and see where it takes you.

Some stories to consider:

- Exodus 1:8-22 *The Hebrew midwives fear God*
- Exodus 18:13-27 *Jethro's advice to Moses*
- 1 Samuel 3 *The call of Samuel*
- Mark 9:14-29 *Jesus heals the afflicted boy*
- Luke 8:22-25 *Jesus calms a storm*
- Luke 10:25-37 *The Good Samaritan*
- Luke 10:38-42 *Jesus visits Martha & Mary*
- Luke 19:1-10 *Jesus and Zacchaeus*

Art in Response to Scripture

Use pens, crayons, colored pencils, markers, etc. to create a visual response to the text you are using. You may feel drawn to sketch out a scene of what is happening in the text, or your response might be more abstract.

Consider:

- What feelings do you feel when you read this text? Use colors that evoke those feelings for you.
- How is God moving through this text? What might that look like?
- What images of God or Jesus or the Holy Spirit are used in this text? Based on this text, what might God look like?
- How might this text lead you to go deeper in your life of discipleship?