



BIBLE

Sacred Practices



Content

- Wk 1 READ: Learning to Engage God's Word** Pg 4
Reading the Bible isn't about checking a box or feeling guilty if you miss a day. It's about tuning in to God's voice. Think of it less like a textbook and more like a letter from someone who loves you.
- Wk 2 MEDITATE: Soaking it in** Pg 20
Meditating on Scripture helps God's Word move from our minds into our hearts as we slow down, notice, and listen.
- Wk 3 STUDY: Digging Deeper** Pg 36
Studying Scripture helps us understand what God has already said so we can live wisely and faithfully.
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Memorizing Scripture allows God's Word to shape our instincts, decisions, and responses in everyday life.
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WMK
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READ: Learning to Engage God's Word

Set aside 10-15 minutes a day to read Scripture slowly. Choose one Gospel to read with openness, not urgency. We often overcomplicate this. Just get in the Word.

Live It Out

1 Read one chapter of the Gospel of your choosing a day. As you read, just ask:

1. What does this show me about God?
2. What does this show me about people?

What is one step I can take to follow Jesus today?

2 Use an Audio Bible app. Listen to one chapter of the Gospel of your choosing while driving or walking the dog.

01
DAY



GOD SPEAKS THROUGH HIS WORD

SCRIPTURE:

📖 2 Timothy 3:16-17

📖 Hebrews 1:1-2

DEVOTIONAL THOUGHT:

God has always been a speaking God. Scripture is one of the primary ways He reveals His heart, truth, and guidance to His people.

REFLECTION QUESTION:

Do you approach the Bible expecting God to speak? Why or why not?

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DAILY BREAD

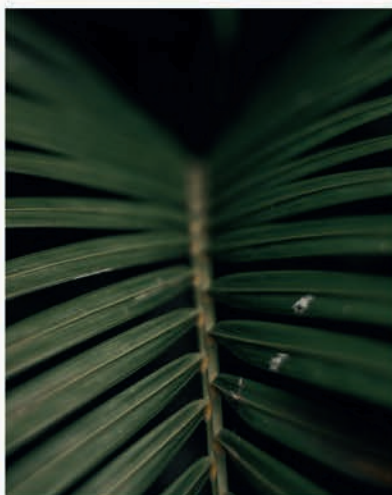
SCRIPTURE:

☞ Deuteronomy 8:3

☞ Matthew 4:4

DEVOTIONAL THOUGHT:

Jesus reminds us that God's Word sustains life just as food sustains the body. Scripture isn't meant to be occasional inspiration but daily nourishment.

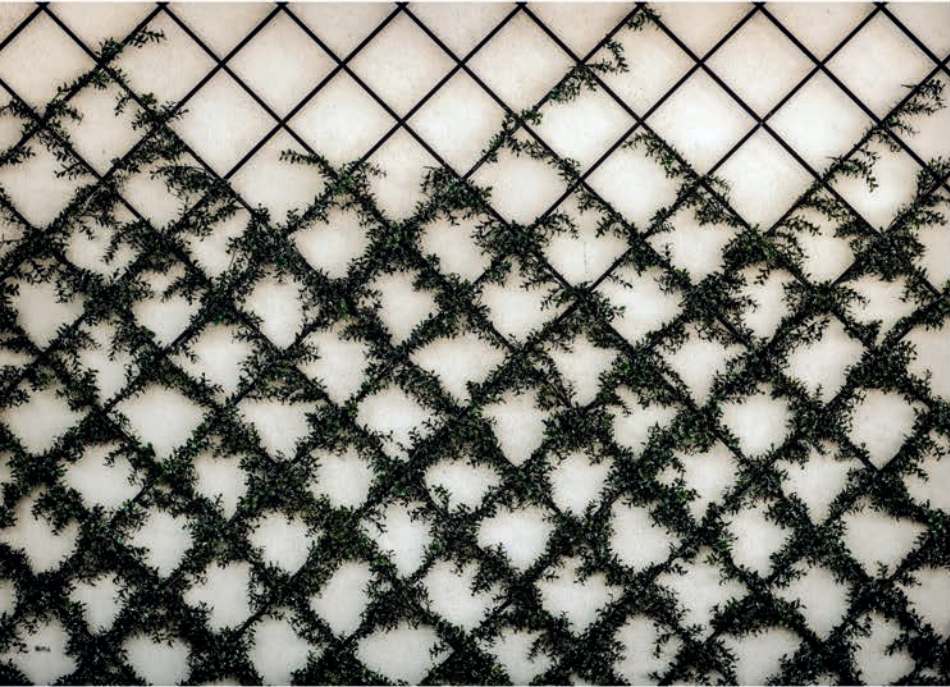


REFLECTION QUESTION:

What tends to replace Scripture as your "daily bread"?

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DAY

SLOWING DOWN TO LISTEN



SCRIPTURE:

- ☞ Psalm 1:1-3
- ☞ Psalm 46:10

DEVOTIONAL THOUGHT:

God's Word shapes us as we slow down, delight in it, and allow it to take root over time.

REFLECTION QUESTION:

What makes it difficult for you to slow down with Scripture?

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GOD WORKS OVER TIME



SCRIPTURE:

☞ Luke 24:32

☞ Isaiah 55:10-11

REFLECTION QUESTION:

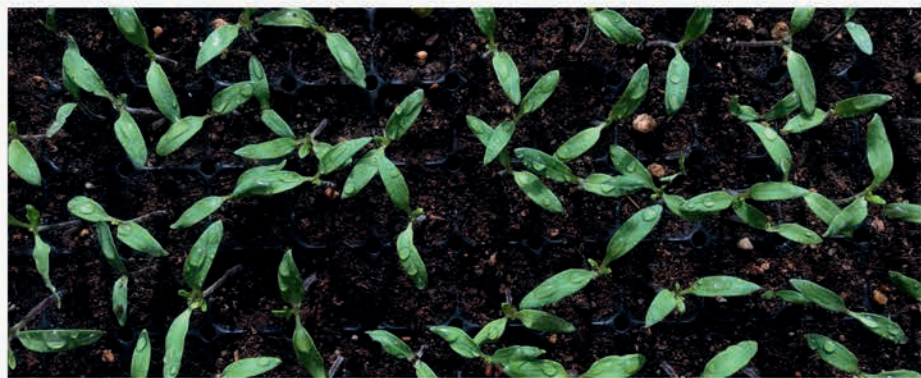
Where have you seen God use consistency, rather than intensity, to shape your faith?

DEVOTIONAL THOUGHT:

God often works quietly and gradually through His Word, forming us over time rather than all at once.

GROUP

QUESTIONS



Read Luke 24:45-48. What does this verse suggest about the purpose of Scripture?
What stands out to you as you hear it read?

2 Timothy 3:16-17. According to this passage, what is Scripture meant to do in our lives? Which of these purposes feels most relevant to you right now?

Read Psalm 1:1-2. How is Scripture engagement described here? What words describe the posture of the person in this psalm?

What do you notice about how you usually approach the Bible?

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MEDITATE: Soaking it in

Each day, choose a short passage. Read it twice, slowly. Sit in silence for one minute. Pay attention to what stands out.

If you need help finding a short passage to use, feel free to use one of these:

Psalm 23:1-3 – God as shepherd and rest-giver

Psalm 46:10 – Stillness and trust

Psalm 63:1-4 – Longing for God

Psalm 84:1-2 – Desire for God's presence

Psalm 119:105 – God's Word as guidance

Psalm 139:1-6 – God's nearness and knowledge

Matthew 11:28-30 – Rest for the weary

Matthew 6:33 – Seeking God first

John 10:27-28 – Hearing Jesus' voice

John 15:4-5 – Abiding in Christ

Luke 10:41-42 – Being with Jesus

Romans 8:1-2 – Freedom from condemnation

Romans 12:1-2 – Transformation of the mind

Galatians 5:22-23 – Fruit of the Spirit

Colossians 3:12-15 – Life shaped by Christ

Philippians 4:6-7 – Peace that guards the heart

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DAY



DELIGHTING IN GOD'S WORD

SCRIPTURE:

- 👉 Psalm 119:103
- 👉 Psalm 19:10
- 👉 Psalm 119:15-16

DEVOTIONAL THOUGHT:

Meditation is about delight, not duty. It creates space to linger with God's Word. God wants you to actually enjoy hanging out with Him, not just do it out of obligation.

REFLECTION QUESTION:

Does spending time with God feel like a chore or a delight for you right now?

02
DAY

LETTING GOD'S WORD SINK IN

SCRIPTURE:

🕒 Psalm 1:1-3

🕒 Joshua 1:8

DEVOTIONAL THOUGHT:

Returning to God's Word again and again allows it to shape how we think and live.



REFLECTION QUESTION:

What distractions make listening difficult for you?

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DAY

LETTING GOD'S WORD TRANSFORM YOUR MIND



SCRIPTURE:

☞ Philippians 4:8

☞ Colossians 3:2

DEVOTIONAL THOUGHT:

Meditation isn't about emptying your mind; it's about filling it with good stuff. If you don't purposefully fill your head with God's truth, anxiety will happily take over that space.

REFLECTION QUESTION:

What do you normally obsess over when your mind wanders?

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GOD'S WORD REVEALS THE HEART



SCRIPTURE:

- ☞ Hebrews 4:12
- ☞ Psalm 139:23-24

REFLECTION QUESTION:

What might God be inviting you to notice or release?

DEVOTIONAL THOUGHT:

As we sit with Scripture,
God gently reveals what
needs healing, growth, or
surrender.

GROUP

QUESTIONS



For everyone: What do you imagine would be hardest about silence or stillness before God?

How does meditation challenge the way we normally engage Scripture?

Where in your life might God be inviting you to slow down and listen more carefully?

What would it look like to take one short passage and sit with it this week?

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STUDY: Digging Deeper

SOAP Method

Each day, use the SOAP method to study God's word. Choose a chapter to read and in a journal or notebook write down the following:

- S – Scripture: Write out a verse from the day's reading
- O – Observation: Why did you choose this verse? What stands out?
- A – Application: How does this apply to your life or current situation?
- P – Prayer: Write a prayer based on your application

01
DAY



UNDERSTANDING GOD'S WORD

SCRIPTURE:

☞ Nehemiah 8:8

☞ Psalm 119:130

DEVOTIONAL THOUGHT:

God desires His Word to be understood, not just read.

REFLECTION QUESTION:

What helps you understand Scripture best, and what tends to get in the way?

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SEARCHING CAREFULLY

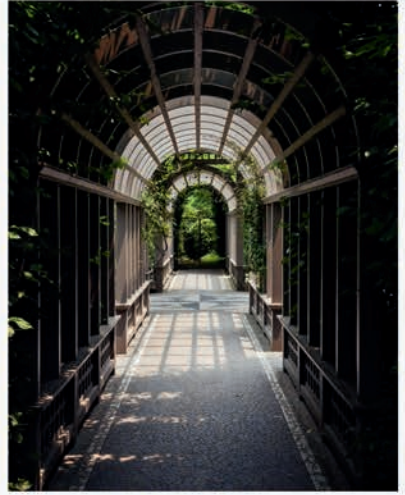
SCRIPTURE:

📖 Acts 17:11

📖 Proverbs 2:1-5

DEVOTIONAL THOUGHT:

Studying Scripture is an act of humility and hunger for truth.



REFLECTION QUESTION:

What would it look like to seek understanding in Scripture with greater hunger this week?

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DAY

SEEING THE BIGGER PICTURE



SCRIPTURE:

☞ Luke 24:44-45

☞ 2 Timothy 2:15

DEVOTIONAL THOUGHT:

Understanding Scripture helps us see how God's story fits together.

REFLECTION QUESTION:

How does today's passage connect to the larger story of Scripture?

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LETTING GOD SHAPE OUR LIVES



SCRIPTURE:

📖 Colossians 3:16-17

📖 Romans 12:1-2

REFLECTION QUESTION:

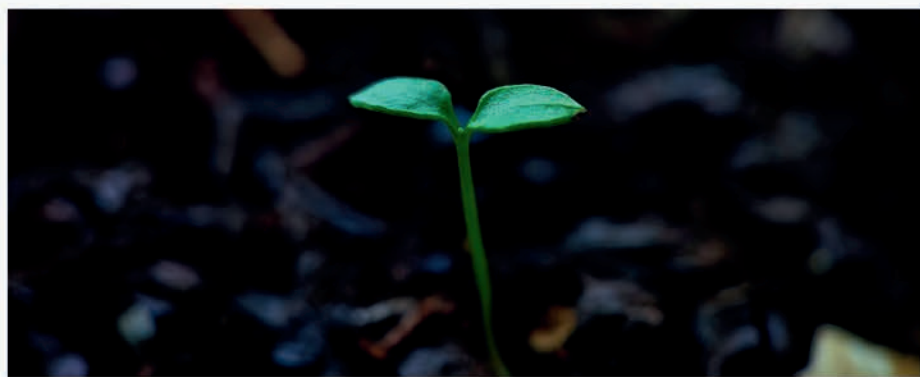
Where is God's Word inviting you to shape how you think, speak, or act this week?

DEVOTIONAL THOUGHT:

God's Word shapes our lives as we understand and live it out.

GROUP

QUESTIONS



For those who used the SOAP method: Which part of SOAP helped Scripture feel most personal or clear?

What difference does it make to slow down and ask, “How does this apply?”

How can Bible study deepen humility rather than just knowledge?

What is one way Scripture might shape your decisions or responses this week?

How could prayer help move understanding into obedience?

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MEMORIZE: Carry it with You

Choose one short verse. Read it daily. Say it aloud. Write it out by hand 3 to 5 times a day. The act of writing it down physically helps cement it in your brain. Text it to a friend in the group and ask them to quiz you on Friday.

Here are a few options if you do not find a Scripture you would like to memorize:

- Psalm 23:1
“The Lord is my shepherd; I shall not want.”
- Romans 8:1
“There is therefore now no condemnation for those who are in Christ Jesus.”
- 2 Corinthians 5:17
“If anyone is in Christ, he is a new creation.”
- James 1:22
“Be doers of the word, and not hearers only.”
- Romans 12:2
“Do not be conformed to this world, but be transformed by the renewal of your mind.”
- Colossians 3:16
“Let the word of Christ dwell in you richly.”
- Philippians 4:6-7
“Do not be anxious about anything...”
- Isaiah 41:10
“Fear not, for I am with you.”
- Proverbs 3:5-6
“Trust in the Lord with all your heart...”

01
DAY



STORING GOD'S WORD

SCRIPTURE:

- ☞ Psalm 119:11
- ☞ Deuteronomy 6:6

DEVOTIONAL THOUGHT:

Memorization allows God's Word to live within us.

REFLECTION QUESTION:

Why might storing Scripture in your heart matter?

02
DAY

GOD'S WORD IN DAILY LIFE

SCRIPTURE:

🕒 Deuteronomy 6:6-9

🕒 Proverbs 7:1-3

DEVOTIONAL THOUGHT:

God's Word is meant to shape daily rhythms, not just quiet moments.



REFLECTION QUESTION:

Where could Scripture naturally fit into your daily routine?

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DAY

THE SPIRIT REMINDS US



SCRIPTURE:

📖 John 14:26

📖 Colossians 3:16

DEVOTIONAL THOUGHT:

The Holy Spirit uses memorized Scripture to guide and remind us.

REFLECTION QUESTION:

When have you experienced Scripture coming to mind at the right moment?

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LIVING GOD'S WORD



SCRIPTURE:

☞ Joshua 1:8

☞ James 1:25

REFLECTION QUESTION:

How has memorization changed your relationship with Scripture this week?

DEVOTIONAL THOUGHT:

God's Word blesses us as we carry it into daily life.

GROUP

QUESTIONS



Read Psalm 119:11. What does this verse suggest about why memorization matters?

Read Colossians 3:16. How is God's Word meant to shape everyday life?
What stands out about how Scripture "dwells" in us?

Read James 1:25. According to this verse, what kind of engagement with Scripture leads to blessing?

What verse did you choose to focus on, or which verse stood out to you tonight?



What feels intimidating or life-giving about memorizing Scripture?

How could memorized Scripture shape your reactions in stressful or tempting moments?

What difference is there between knowing Scripture and carrying it with you?

What is one verse you would want shaping your life in this season?
