

NOTES

Be Still.

Simple, transformative practice
of being with God.

WEEK 2 | How To Pray The Bible

PRAYER

Heavenly Father, as we gather together, we invite Your Holy Spirit to open our hearts and minds to receive Your Word. May Your truth penetrate deep within us and transform us from the inside out. Let Your Word take root in our lives and bear fruit that glorifies You. In Jesus' name, Amen.



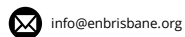
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OPENING QUESTION (OPTIONAL)

Share a proverb, lyric or saying that you've heard and lived by.

WORD

1 *Blessed is the man*

*who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;*

2 *but his delight is in the law of the Lord,
and on his law he meditates day and night.*

3 *He is like a tree*

*planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.*

4 *The wicked are not so,
but are like chaff that the wind drives away.*

5 *Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;*

6 *for the Lord knows the way of the righteous,
but the way of the wicked will perish.*

[Psalm 1 \(ESV\)](#)

How should we approach the Bible?

Read it Prayerfully: Encourage participants to approach Scripture reading prayerfully, seeking to encounter God's presence and voice as they engage with His Word.

Read it Slowly: Emphasize the importance of reading Scripture slowly and attentively, allowing time for reflection and listening for the voice of the Author.

Memorise in Meditation: Encourage participants to memorize key verses or passages through regular meditation, allowing God's Word to become deeply ingrained in their hearts and minds.

Journaling: Recommend journaling as a practical tool for recording insights, reflections, and applications from daily Scripture meditation. Suggest using the SOAP method (Scripture, Observation, Application, Prayer) for structured reflection.

DISCUSSION QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. Do you feel the Bible is important for your life? Why/Why Not?
2. Why do you think people find it hard to read their Bibles? Discuss common barriers to meaningful reading and meditation in the Bible, such as having too many Bible versions, finding the process boring, or feeling constrained by religious expectations.
3. If you do read the Bible, do you read it to complete a task? Or do you read it to meet the Bible's author? Why do you say this?

Heavenly Father, we thank You for the gift of Your Word, which guides, sustains, and transforms us. Help us to trust in Your promises and live by Your truth each day. We surrender our lives to Jesus Christ as our Lord and Savior, inviting Him to reign in our hearts and lead us in the path of perfect peace. May Your Word dwell richly in us, bearing fruit in every area of our lives. In Jesus' name, Amen.