

Prayer Practice

Week 2- Scripture Meditation

We often think that prayer is an attempt to get God to respond to us, but prayer should actually be our response to God. God has already spoken to us, and is always speaking. We just need to learn to listen. Meditating on scripture is a great way to discern the voice of God, and give us what we need to begin a meaningful time of prayer. Set some time aside each day this week for scripture meditation. Try the following exercise:

1. Read Scripture

Start your time by reading some scripture. You can read just a few verses, or a longer portion. Maybe you already have a regular habit of Bible reading. Great! When you first try scripture meditation, it can be helpful to start with a scripture you're familiar with.

2. Summarize a truth

Consider one truth that stood out to you from the scripture you just read. Then take a moment to summarize that truth in your own words.

3. Questions to ask

Once you've summarized the truth, ask yourself these 3 questions. You may want to write down your thoughts in a journal:

- i. How does this truth help me thank or praise God?
- ii. What sin does it reveal that I need to confess?
- iii. What need does it identify that I need to ask God for?

4. Turn it into a prayer

Turn the praise, confession and request into a prayer. If you want, you can follow this exercise by continuing with last week's practice of "riffing" on the Lord's Prayer.