

Spiritual Practice #1: Praying Scripture

Praying Scripture is **not** Bible study. You do not need to know the Scriptures. There is no need to know who wrote what to whom, when, where or why.

There are many ways of 'praying scripture.' Like any new activity, getting comfortable with it takes practice – that's why it is called a spiritual *practice*. The Week of Guided Prayer Network focuses on two methods of praying scripture.

Prayer of Imagination (*Remember the imagination is one of God's gifts to us.*)

- put yourself in the passage as a person or thing or hovering observer
- become a character – speak to someone or let them speak to you
- use all your senses
- imagine the details not written down
- as you do this you may find yourself adding details to the passage – that's okay
- be free – go where you are being led – there are no rules or should
- feel whatever emotions surface

Prayerful Meditative Reading (*often called Lectio Divina or divine reading*)

- read the passage slowly several times
- linger over words or phrases that stand out
- let the passage sink deeper and deeper into your heart
- notice your feelings rather than your thoughts – Are they changing or deepening with each reading?
- experience, rather than analyze
- let the passage stir your own experiences, associations, and/or memories.