



READ

Alive to God in Scripture

During this first week, spend a significant amount of time reading the passage in the four modes below. Do one mode each day or all in the same session. It's up to you. Read it several times each day.

Guard yourself about being impatient to move on to next steps. Nothing is more important than laying this foundation.

For the **first reading**, spend time listening for a general sense of what is being communicated. Become familiar with the words. Feel the rhythm and cadence of the sentences. Notice the transitions, and repetition of phrases. Pause and breathe, or lean forward with energy where the writer does.

On the **second reading**, slow down. Absorb the words and notice the phrases that invite you to pay attention. Observe what is happening in both your mind and heart as you spend time with this passage.

For the **third reading**, slow down even more. Read the words out loud, deliberately, one-at-a-time. Hear and feel yourself articulate each word. Notice how you are moved either in mind and heart to pay attention. This is the beginning of prayer.

And with the **fourth reading**, slow down even more. As you read, rest in this passage, paying attention to how God may be with you in the stillness of these words.

This kind of reading represents an inner shift from *control to receptivity*.

Enjoy!