

September 28, 2025

*In light of everything happening in the world, our church is observing a weekly fast by encouraging everyone to skip their first meal on Mondays as a simple, unified act of prayer, humility, and dependence on God.*

## Practicing Reading Scripture and Meditation on Scripture

### Reading Scripture:

- Consistently reading the Bible to take in God's truth.
- Building a foundation of truth and renewing the mind.
- Learning God's character through the breadth of Scripture.

### Meditation on Scripture:

- Dwelling thoughtfully on a verse or passage.
- Listening for God's personal message.
- Moving from head knowledge to heart transformation.

### Practicing Scripture Reading:

- Follow a manageable reading plan.
- Use spare moments to read.
- Read out loud or in a different translation.

### Practicing Scripture Meditation:

- Read a short passage slowly multiple times.
- Carry a verse with you to ponder.
- Visualize scenes from Scripture.

## Questions for Reflection

1. Am I feeding on Scripture regularly?
2. What verse will I meditate on this week?
3. How might slowing down change my understanding of God's Word?