

Abide Practices - Scripture

Here is a selection of practices that you may find helpful as you seek to learn to abide through the scriptures. These are just examples, invitations to 'have a go'. Some may resonate more with you, others may not. Adapt them to suit your needs. The key is to find what works for you; a practice of meditating on scripture that helps you commune deeply with Jesus.

PRACTICE 1 - RECOGNISING THE VALUE OF GOD'S WORD

1	Take some time to look at Psalm 119. Read it through slowly and make a note of all the benefits that come from mediating on God's word. As you reflect on these, ask the Holy Spirit to give you a fresh vision for abiding through the word
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PRACTICE 2 - MEDITATING UPON THE WORD

	If you're not working through a book of the bible or a reading plan, start by asking the Holy Spirit to lead you to a scripture, (start with John 15 if you are stuck). Then use these pointers below to help you abide through the word.
1	Prepare to meet with God: Turn your phone off and leave it another room. Situate yourself comfortably in a quiet, solitary place. Calm your body and quiet your mind before God as you work to prepare your heart to receive what God has spoken through the text. Invite the Holy Spirit to guide your thinking and feeling as you read.
2	Pray , asking the Holy Spirit to bring revelation and understanding and guide your thinking and feeling as you read.
3	Read : Read the passage slowly and carefully, out loud if you can. Take your time. As you move through the text, pay close attention to what words and ideas draw your attention in unique ways. When your focus is drawn to a particular word or thought, pause momentarily to reflect on them.
4	Reflect : Upon completing the passage, return to the beginning and read again. On your second journey through the text, allow the text to connect with you personally. Which words or phrases assume a particular resonance in your heart, your season of life, your person in this moment.
5	Journal : Note down your reflections if helpful. As you do so, ask yourself questions: "What do I need to know, or be, or do in light of the text? What does this mean for my life today?"
6	Respond : Talk to God about your experience. If you're confused, say that. Moved? Express gratitude to God. Upset? Tell him about it. Compelled to worship? Worship. If the text has brought something else to mind, talk to God about that.
7	Rest : Pause to sit in God's presence before fleeing from the moment. You might express wonder, awe, gratitude, or praise through words, or you might allow yourself to feel and experience these things quietly before God.
8	Continue : As you go about your day, bring your mind back to the text. If you have opportunity, read it again, asking God to reveal himself to you.

PRACTICE 3 -MEMORY VERSE

	<p>For the coming week, choose a scripture to memorise. Read it repeatedly each day and seek to memorise it. Reflect upon the scripture and thank God for the truth contained in it. Ask the Holy Spirit to remind you of this word as a reason for a quick burst of rejoicing at this marvellous truth.</p> <p>If you do this with a new scripture each week, by the end of the year you could have committed over 50 verses to memory!</p> <p>If you don't know what scripture to choose, start with one of the ones below.</p>
1	John 10:11 I am the good shepherd. The good shepherd lays down his life for the sheep.
2	Mark 10:45 For even the Son of Man came not to be served but to serve and give his life as a ransom for many.
3	1 John 4:19 We love because he first loved us.
4	2 Thess. 3:5 May the Lord direct your hearts to the love of God and to the steadfastness of Christ.

PRACTICE 4 - PRAYING THE WORD

	<p>One of the best ways to abide through the word is to pray through it. You can pray through all scripture, but the Psalms are the best / most natural place to start, as they are the prayer / hymn book of the scriptures.</p> <p>The example below shows you how you might pray through the beginning of Psalm 121. Read a couple of verses at a time and then pray in response to the words you've just read. If you find it hard to know what to pray, you could consider using the structure ACTS: Adoration, Confession, Thanksgiving, Supplication.</p>
	Psalm 121 I lift my eyes to the hills, From where does my help come from? My help comes from the Lord who made heaven and earth
1	Adoration (worship) -e.g. <i>Father, how awesome that you are ever in my gaze; that I can always look to You my strength and my great help. You made heaven and the earth, yet you know every hair on my head. Praise be your name.</i>
2	Confession - e.g. <i>Father, forgive me when my life doesn't line up to this scripture - for when I look to others things for help, strength, pleasure and meaning. I want to lift my eyes daily to you and let your grace and mercy flow into my life. Help me to be open to your help Father.</i>
3	Thanksgiving - e.g. <i>Father I thank you that you are my help and strength; that You the maker of heaven and earth are on my side. Help me not to look to the left or right when I am in need but to seek you first.</i>
4	Supplication (praying for others) - e.g. <i>Father, I pray for my family and for _____ that you would be their help and strength; that they would seek you first in their struggles and their trial. Help me to guide them in your ways.</i>
	Perhaps keep a journal to help write down your responses so you can share some of these in your discipleship or small groups.