

Week 2 Handout on “Study”

Go over the verses again on “eat this book” and reflect on whether you are allowing the scriptures into your whole being.

- Revelation 10:9-10
- Ezekiel 2:8-3:3
- Jeremiah 15:16

Why “eat”?

- Deuteronomy 11:18ff [6:4ff]
- Hebrews 4:12-13
- 2 Timothy 3:14-17
- Amos 8:11-12 Ouch!

What do you think about the following statement? Do you tend toward one or the other of the two aspects of “study”? Why?

The goal is to affect the head and the heart. In fact, the spiritual practice of study can be broken down into two aspects: (1) analytical study and (2) meditative study.

What is your reaction to Barton’s list of traditional steps for lectio divina?

Tradition provides a series of steps to *lectio divina*. Ruth Haley Barton lists:

- (1) preparation (*silencio*),
- (2) read (*lectio*),
- (3) reflect (*meditatio*),
- (4) respond (*oratio*),
- (5) rest (*contemplatio*),
- (6) resolve (*incarnatio*).

Often limits are set, i.e., 5-8 verses.

Is there a take-away from the practice of “study” you could commit to for the next few months?

1. Reading plan – 1 year, 2 year; pause on some parts (5-8 verses) or it becomes too fast and legalistic without impact.
2. Bible private retreat – half a day, overnight, weekend.
3. One month for reading same book every day – example, 1 Peter.
4. Read commentary on a book.
5. Journal on reading.

Bibliography

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Eugene H. Peterson. *Eat This Book*. Grand Rapids: Eerdmans, 2006.