



# FEED YOURSELF

## SESSION 2 - CHEW

### ICEBREAKER AND OPENING THOUGHT

Get the group thinking of the Bible as metaphorical food for our spiritual nourishment. Begin with a food question, such as, if you could only have one meal for the rest of your life, what would it be? Discuss how the Bible is that spiritual “daily meal.”

### BIBLE DISCUSSION

Read the passage and have the group reflect on its meaning and application to daily life. God is commanding his people to use his law and to have it be at the forefront of their thoughts and actions- every day and night. Have the group discuss what kind of impact this could have on them.

### LIFE APPLICATION

Discuss the four different ways to reflect on God’s word. What are practical ways to apply this and use it in daily scripture reading? Provide resources to support daily scripture reading while also assessing possible obstacles/barriers and solutions. A solution may be an upcoming Bible Reading Workshop or a Bible reading app. Then practice one of the methods together as a group.

### METHODS OF REFLECTING OR MEDITATING ON GOD’S WORD

#### 1. Using Reflection Questions

- Is there a command to obey?
- Is there a promise to claim?
- Is there a sin to avoid?
- Is there a lesson to learn?
- Is there a new truth to carry with me?

This method allows the reader to focus on what God could intend to convey with the passage. Allow the Holy Spirit to guide you as you reflect and take notes with this method.

#### 2. Utilize the Read Scripture App

Are there other apps or tools group members have used successfully? Have members share their experiences. Discuss how using today’s technology can help us to make scripture meals a regular part of our day. Discuss obstacles or barriers and practical ways to address them.

#### 3. Use a commentary

Commentaries can help bring a greater perspective by providing additional information about the author, the audience, or historical references and help make some difficult passages easier to understand. The “For Everyone” collection by N.T. Wright is recommended.

#### 4. Lectio Divina - Means “divine reading.”

- Read - A patient reading of a passage multiple times, each time focusing on a different element.
- Meditate - Listening silently to what God might want to reveal to us in this passage with a focus on intimacy with God.
- Pray - Verbal dialogue with God in response to whatever God’s showing us.
- Contemplate - Silently pray and express gratitude to God for speaking to us.