



Food for Body & Soul

Cedar Falls Mennonite Church hosts this Bible study twice a month over lunch.

Materials Bible (variety of translations), commentaries or other resources, a personal journal

Method This study method is a form of reflecting on scripture that is similar in some ways to *lectio divina* or “divine reading.” It was introduced by the African delegation to a conference of the Anglican Church in the early 2000s. Through prayer, reading the scripture in different translations, listening in silence, and reflecting in written and spoken words, you are invited to hear the word of God deeply and let it impact your life.

STEP 1 **Checking In**

- Any insights since the last session?
- What burdens do you need to set aside to be fully present today?
- Unison Prayer:

O blessed Lord,

who caused all Holy Scriptures to be written for our learning.

**Grant us so to hear them, read, mark, learn, and inwardly digest them,
that we may embrace and hold fast the blessed hope of everlasting life,
which you have given us in our Savior, Jesus Christ. Amen.**

STEP 2 **First Reading** (a familiar translation such as NRSV or NIV)

- What word or phrase catches your attention?
- One minute of silence, followed by sharing

STEP 3 **Second Reading** (a more formal translation such as KJV)

- Where does this scripture touch your life today?
- Two minutes of silence, followed by sharing

STEP 4 **Sharing from Other Resources** (such as commentaries, study Bible notes, etc.)

STEP 5 **Third Reading** (a contemporary translation such as *The Message*)

- What do you believe God wants you to do or be? Is God inviting you to change in any way?
- Five to ten minutes of journaling, followed by sharing

STEP 6 **Praying for One Another**

- Pray aloud for the person on your right (or on your left, or across the circle, etc.)
- Silent Meditation
- The Lord’s Prayer (using, “forgive us our sins ...)

