



VECTOR

MINISTRIES

Discover God's transformative power for your life.

Spiritual Reading

Spiritual Reading is way to experience God through Scripture. It means to read the Bible seeking transformation, not just more information. It is a way of encountering God's Word allowing it to shape us and form us into the people that He designed us to be.

The steps below offer us a modern take on the ancient practice of allowing God's Holy Spirit to guide our time with the Bible. Truly, if we are to know the Word of God, we need to engage the very same Spirit who inspired it! The process below offers a simple framework to begin. It is not a rigid process. Rather, it is more like a fluid movement than a formula. Sometimes the steps progress naturally through the sequence. Sometimes they dance around and even repeat themselves. This is a good thing! It shows that a dynamic interchange is taking place and God's Spirit is guiding the time.

Reading short sections of Scripture tends to work best. Often only a few verses or paragraphs is enough. Many people prefer to read a psalm or short story from the Gospels. Also, it is often helpful to re-read the section two or three times. Reading aloud is preferred when possible. The Word of God was written in order to be read aloud and it tends to have an impact on the atmosphere when it is spoken.

The 5 R's of Spiritual Reading:

1. **Relax**: Take deep breaths. Let go of your mental to do list. Clear your mind of duty and worry. Become present to this moment with God.
2. **Read**: Slowly read the text. Pause for a while, then re-read it. Pay attention to any words or phrases that stand out to you or tug on your feelings.
3. **Reflect**: Spend some time pondering the reading. Take notice of the words and feelings that seem to draw your attention. Think about what God is stirring up inside of you.
4. **Respond**: Respond to God's inner promptings with a heartfelt prayer. Ask for understanding and clarity about all that He has been highlighting.
5. **Rest**: Allow the Holy Spirit to give you revelation about the text. Rest and receive from God. You do not have to force understanding. Simply soak in His loving Presence. Listen to the Spirit's still, small voice and receive.