

Three Ways to Engage

Scribble:

Grab a notebook and a pen or pencil. As you read through your chosen passage of Scripture, write down anything and everything that occurs to you. Impressions, thoughts, questions, musings, prayers, words or phrases that strike you – anything! Write it out like a bullet point list or take the time to journal.

Doodle:

As you take notes or go back over notes you've taken, add swirls and shapes and colors to the page. Trace important words to make them bold. Try your hand at balloon letters or calligraphy. If an image strikes you, make a little sketch of what you think it might look like. The more you do it, the more comfortable you will be with your doodles.

Read Out Loud:

Find a quiet (ish) space where you won't feel self-conscious. Choose your passage of Scripture and read it out loud. Don't worry about volume or pronunciation, just speak the words.

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Hebrews 4:12