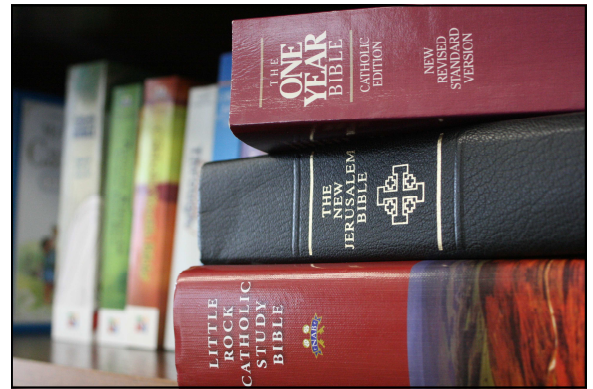


Pick up the Bible and pray

“It has seen my joy and has been bathed by my tears: it is my priceless treasure and nothing in the world would make me give it up.”

- Pope Francis on his Bible



You've resolved to read the Bible daily during Lent, but where do you start? How much time should you spend? What are you trying to accomplish?

The Bible is:

- ◆ The inspired Word of God written to communicate God's life to us
- ◆ An invitation to encounter Christ and grow as a disciple
- ◆ A gift that has to be opened to be enjoyed or useful

Rather than starting at the beginning with Genesis and ending with Revelation, consider one of these simple approaches:

- ◆ Prayerfully read the Bible passages that are assigned for daily Mass. You can find them in your bulletin, iBreviary app or usccb.org.
- ◆ Select a book of the Bible that is already familiar to you and re-enter it to discover what you may have been missing. Because the Gospel of Luke is proclaimed most during Sundays in 2016, read a bit each day as you work your way through it.
- ◆ If you are attracted to the Old Testament roots of our faith, start with Exodus, the story that set the stage for all that would follow in salvation history.

Tip from Cackie Upchurch, director of Little Rock Scripture Study

Daily Bible reading: “We need to create habits or patterns to remind us who we are and who we belong to. It doesn't have to be lengthy, but I do think it needs to be deliberate.”



*This handout includes excerpts from Arkansas Catholic's article “Pick up your Bible and read.”
arkansas-catholic.org (February 13, 2016)*

*For more tips and help with Bible reading and study,
contact Little Rock Scripture Study at
littlerockscripture.org or (501) 664-0340*

“The intention is to encounter the living God and listen and speak and allow the Scripture to be a springboard into conversational prayer and to allow time for the Lord to speak to the ears of my heart.”

- Dc. Danny Hartnedy

LET'S BEGIN

- ◆ Begin with a simple prayer such as “Holy Spirit, guide me in what I am reading.”
- ◆ Set aside at least five minutes for prayerful reading. God can do so much even with small amounts.
- ◆ Ask yourself, “What is God saying to me in these verses?”
- ◆ Underline or highlight words that have an impact on you.
- ◆ Read a given passage more than once to allow different words or phrases to speak to you.
- ◆ Quality reading is more important than quantity.