Weekly Bible Reading

(The following are just suggestions you do not need to follow it if it is not helpful to you)

Before you start I would recommend finding somewhere you can relax and still yourself. I would suggest reading the scripture slowly and as you do reflect on the questions below.

1. **What stands out to you or challenges you in the passage of scripture? Why does it stand out to you?**
2. **What emotions or thoughts do you pick up on in the scripture? How do you feel when you are reading it?**
3. **How do you feel God is speaking to you through the scripture?**

Prayerfully spend some time talking to God about the thoughts or feelings you picked up or experienced while reading the scripture.

I would also strongly encourage to contact other members from the church or the Thursday group and discuss with them what you got from the reading.