

OBSERVE, INTERPRET AND RESPOND

Exercise: Spiritual Reading

Find a quiet, relaxed place to sit. Close your eyes and focus on your breathing as a way to calm yourself. If any distractions enter your mind, don't try and stop them, just let them pass through. Acknowledge before God how you are feeling - distracted or attentive; happy or grumpy; eager to hear from Him or bored and reluctant - and ask him to meet with you where you are at.

OBSERVE

READ LUKE 10: 38-42

Prayerfully consider:

- What stood out to you?
- What emotions did it evoke?

INTERPRET

READ LUKE 10: 38-42

Prayerfully consider:

- Why do you think that word or phrase stood out to you?
- How does this relate to your life?
- Why would God bring this to your attention

RESPOND

READ LUKE 10: 38-42

Prayerfully consider:

- What is God calling you to do in response?