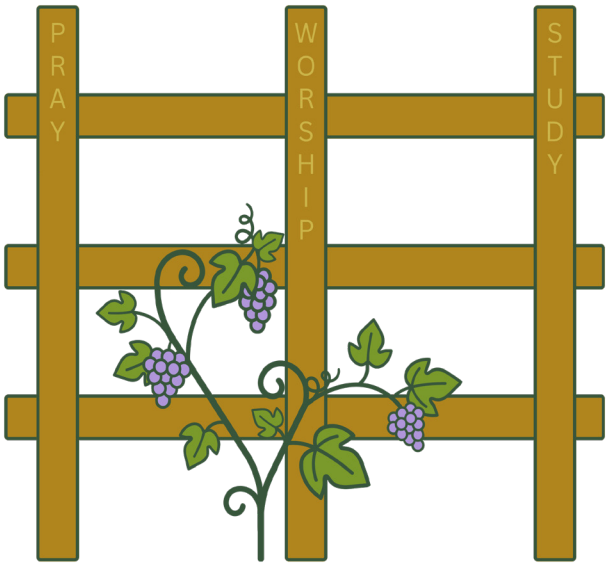
Diocese of Hereford
FLOURISHING TOGETHER
Season of Renewal



SESSION THREE

Feeding: study

AIM: Today we reflect on how we nourish our inner life

'If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you' John 15:7.

'The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life.' Simon Peter answered him, 'Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God.' John 6: 63, 68.

REFLECTION

Encountering Scripture

Benedictine approach

The discipline of *lectio divina*, the slow, ponderous, meditative reading of portions of Scripture: *lectio,* take a portion of Scripture; *meditatio*, savour the text; *oratio*, notice its taste, *Contemplatio,* digest the Word.

Ignatian approach

Use our five senses and our imaginations vividly as we engage with the text, especially when we read the episodes in the Gospels.

Study for Mind and Soul

Daily Bible reading: see Bible Reading Fellowship or Scripture Union, BibleProject. Spiritual reading: classics and modern writers.

QUESTIONS

1. What scriptures inspire you the most? Is there a passage that especially speaks into your formation of a Rule of Life?
2. How would you describe your spirituality? What feeds mind and heart?
3. Does your church have a library? How often to you use it?
4. What online resources on following Jesus would you commend to others?
5. What aspects of our faith intrigue/puzzle/draw you?



PRAYER EXERCISE

Choose a bible passage to read carefully. Use the Benedictine way *(lectio divina)* with Romans 12: 1-21; Hebrews 13:1-8. Use the Ignatian way with Luke 9:28-36.