Read your Bible
Sacred Eating Plan, Bookmarks & Notebook Page

Read God's Word
Linger
Listen
Lift voices
Live it out

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Sacred Eating describes a meaningful, deep, contemplative way of reading God’s Word.

I usually follow a Bible reading program and systematically read through the entire Bible every year. But for some time I had missed the revelation and intimacy of my more detailed, slower Bible studies. I was hungry for more growth, for deeper insight and God’s personal revelation while I read. I want the Word to be my daily bread that fully nourishes me, feeds me, makes me grow, and changes me. I want the Lord to teach me how to really read His Word so that I grow, change, become more like Him.

“Reading (the Word), as it were, puts the solid food into our mouths, meditation chews it and breaks it down, prayer obtains the flavour of it and contemplation is the very sweetness which makes us glad and refreshes us.” ~Guigo

So here’s how to read the Word sacredly as the bread of life. When you read the Word you ~

- **Linger** over the Word, reading deliberately, slowly, savouring and re-reading the words. We chew the words over, understanding their meaning as a living message.
- **Listen** to what the Lord is saying, as if spoken to us personally, listening to the still small voice of God that speaks to us personally, uniquely, and intimately. We meditate on this Word; letting His Word becomes one with our being.
- **Lift voices** to pray, asking Him to forgive us where we fail to fulfil His word, to fill us with His Spirit and make His word real and alive in us. We sing songs of praise, thank Him, worship Him, and respond personally to Him, asking Him to help us trust and obey his words.
- **Live out the word** as a lifestyle as His Spirit leads us. We apply the words in our daily living, practically, obediently, faithfully, reverently. In this way, the Word in the Bible becomes flesh in us.

What simplicity. It is easy enough for a young child to learn and practice.

This free download includes ~

- **Beautiful bookmarks** (for you and your family, or as gifts), to use as daily Bible reminders as you read God’s Word slowly and sacredly.
- A summary of Ann Voskamp of Holy Experience post [How to eat differently this year](http://practicalpages.wordpress.com)
- A summary of [The World’s Best Bible-Reading Program](http://practicalpages.wordpress.com) with my own matching Bible Study Notebook Page

May the Lord faithfully lead you deeper in, onwards and upwards.

Blessings and much grace, Nadene
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Linger
letting the Word and their meanings become clearer

Listen
hear what the Lord says to us personally in those words

Lift voices
in prayer, praying the Word, praising, worshipping, confessing, adoring, pleading and imploring Him to make His word real and alive in our hearts

Live it out
and be doers of those Words, obediently, humbly and faithfully

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Sacred Eating ~ Reading God’s Word

Bookmarks. Cut out and laminate. Punch a hole and thread a ribbon through & knot

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**Ann Voskamp’s How to Eat Differently This Year**
http://www.aholyexperience.com/2009/01/how-to-eatdifferently-this-year/

**Read: Slowly read the text.**
Simply, we begin to eat. Choose a book of the Bible. We read or listen to a short passage (10-15 verses) of Scripture. Not a nibble here and a nosh there, not a gulping down… but from the same book of the Bible, each day, a portion of 10-15 verses, over the course of 20 minutes. We savour, reading deliberately, slowly rereading, and waiting for the still small voice of God that will speak to us personally, uniquely, intimately. We listen for a phrase or word from the text that is specifically God’s word for us this day. We sink into a good meal.

**Meditate: Chew on the text.**
Now to chew on our word from God, the words we have read and eaten. This is not fast food. We will not rush, but meditate on this Word, breaking it down, letting His Word becomes one with our being. We churn the words over, entering into the text, imagining the words being spoken to us personally. Leaning back, we close our eyes and see ourselves in the words of the active and Living Word.

**Pray: Pray the text.**
After slowly savouring God’s word to us, chewing on it, we are grateful for real food. So we pray our thanks for our filling. Our prayers may be words, or prostrated worship, silent awe, voices raised in song. The word we have digested, chewed, has now begun to seep into our deepest selves, and we, filling, respond from those depths.

**Contemplate: Live the text.**
We still before Him who comes in the whisper, and hear how His Spirit tells us to live this text today. This food now fuels our speaking, our thinking, our walking. Our living. In the quiet of the meal’s closing, we thinking on practical applications, so that the Word in the Bible becomes flesh in us. We let God’s Word spread its meaning out in our blood, work its way into the sinews of our being so that we live out its vibrant hope.

1. Find a quiet, undisturbed place to read. Start in the New Testament since the New Covenant is necessary for perspective on the Old Testament. The first five books of the NT are going to require some time, and you may need to break them into five or six chapters chunks.

2. Read through one entire book in a single sitting. When you’ve read the book once, don’t move on! You are going to re-read that book several more times.

3. Read through it a 2nd time. Note the way the story (narrative) flows. Commit those stories to memory.


5. Re-read that one book a 4th time. Pay special attention to the way the Lord is portrayed.

6. Re-read that one book the 5th time. Examine the relationships of the book: God to Man, Man to Man, Man to God.

7. Re-read that one book the 6th time. Note the Lord’s redeeming and salvation acts within the greater arc of Creation, Fall, Redemption, and Restoration.

8. Re-read that one book the 7th time. This time around, note all the Lord’s commands and how we’re told to practice them. Consider how they might work practically in your daily activities.

   By this point, you’ve read the same book seven times. Depending on the length of the book, it may have taken seven days or seven weeks. It doesn’t matter. Now comes the hard (and controversial) part...

9. Take everything you’ve learned in this book and put it into practice. Take the rest of the month to do nothing but meditate on what you’ve just read by making it real in your own life. It might mean that the only Bible you read this month are the parts of this one book that you still aren’t getting and must re-read.

10. After your month, take stock of all that you’ve learned by reading and practice. Make a mental assessment of the themes of the book and how they apply to your discipleship.

11. If you’re confident you’ve read and practiced this book, move on to the next one. Once the NT is finished, move onto the OT. Make a concerted effort to read them in one sitting. Psalms and Proverbs are easily segmented. All prophets should be read in one sitting the first time through.

Repeat these ten steps for the rest of your life.

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