



Pick Up: SCRIPTURE

There are few things in the world that can help grow your faith than sitting down with the Bible to read, study, and pray the Word. Many books have been written about God, but only the Bible is a book about God in God's own words. In fact, it is not just a book, but a library of books composed over 1,000 years by men as well as women.

Composed of 73 books, the Bible contains dozens of literary structures, like poetry, narrative, parable, chronicle, fable, and hymns as well as letters. The 27 books of the New Testament are arguably the most impactful words ever written in human history. The Christian Bible is unique because it is not just a collection of wise sayings by some mountaintop guru, but is the record of God's dealings with this people. It is essentially historical.

There is more we could say, but here's where it matters: the Bible is not meant to be some dead letter sitting on a shelf collecting dust. For God's Word to be living and effective in your life, you need to dive deep into the text itself. Don't know where to start? The answer is always start with one of the four Gospels.

This Lent the Catholic Church is in cycle C of her liturgy, which means we are principally reading the Gospel of Luke. For our spiritual discipline together, we want you to spend one week reading just three chapters of the Gospel of Luke: 22, 23, and 24. This is called "The Passion Narrative," meaning it connects us to the events of the Last Supper, his trial, crucifixion and resurrection, and the ascension of Christ. It's the most important part, and is our focus during Lent.

How to Pray Scripture as a Spiritual Discipline:

Wake up 30 minutes early and get your coffee. We all need caffeine when starting a new spiritual practice like this! Sit down with your Bible opened to Luke, chapter 22. Take a deep breath, close your eyes, make the Sign of the Cross, and ask the Holy Spirit to move your mind and heart as you read the text nice and slow.

Pause frequently, asking yourself one question: What do the words and/or deeds of Jesus reveal to me about God the Father's love for me? Read for at least 15 minutes. If you should finish the 3 chapters within the 7 days, simply start back over and prayerfully reread the chapters again. This helps cement the readings in your mind. You'll hear these readings again on Palm Sunday as the Church proclaims the Passion of Jesus.