



## Silent Reflection on Scripture

Read a Gospel story aloud and then allow yourself to reflect silently using the following method:

### Reading, Hearing, and Reflecting

1. Clear away and put on the floor any books, journal notebook, pen, etc. so that your hands and lap are free.
2. Place both feet flat on the floor.
3. Sit erect, head squarely (but comfortably) resting on spinal column.
4. Place your hands (with palms facing up or down) on the tops of your thighs or fold them in your lap.
5. Close your eyes or, if you prefer to keep them open, focus your vision on a particular object that falls in the natural path of your sight (e.g. the base of a lamp across the room).
6. As you close your eyes, or choose your object to look at, breathe deeply, relax, rest; be still. Know that God is present. Open up your heart, mind, soul, and body in you, for you and with you.
7. Pray that the Holy Spirit will illumine, enlighten, instruct, encourage, challenge, convict, heal and love you as soon as you listen attentively and deeply to the words being read.
8. During the reading of the selection, allow the Scripture being read to move from your ears (hearing) into your heart (feeling). Listen and be open with your heart.
9. As you listen with your heart, during and after the selection, allow yourself the freedom to experience any thoughts, feelings, images, memories, etc. that they may come to your awareness.
10. During and after the selection, be aware of your mental/emotional/physical response(s).
11. In silence, reflect on the Scripture.

### Journaling and/or Discussion

12. Capture your thoughts and feelings by making entries in your journal.
13. Review your thoughts, feelings, and any previous journal entries.
14. If using this method in a group setting, take a few minutes to pay attention to yourself before beginning discussion.
15. Suggested questions that may be answered during silent reflection time:
  - a. As I reflect on Scripture passage I just read, what am I thinking? How do I feel?
  - b. How does the truth of the Scripture translate/relate into what is true/not true in my life?
  - c. How is the Word from God calling me to change and grow?
  - d. How would I make these changes in my relationships and in my daily life and work?
  - e. In what way(s) do I need to ask God for help in making these changes?
  - f. In what way(s) do I need to ask others for help in making these changes?
  - g. Do I identify with anyone in the Scripture passage? What needs are being expressed? Can I relate? How do I need God/Jesus Christ/Holy Spirit to meet my needs?
  - h. Are there any similarities between situations in this Scriptural passage and situations in my own life?



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