

## Pondering The Scriptures with Your Heart

A very good way of pondering a passage of scripture with your heart is to approach the scripture text as you would a love letter.

Once you have selected a passage read the passage slowly, aloud, or in a whisper....

- Let the words wash over you.
- Savor each phrase or word.
- Re-read the passage lovingly as if you were reading a letter from a dear friend.
- Stay with the words or phrases that especially catch your attention.
- Absorb them the way the thirsty earth receives the rain that they might prove fruitful.

Allow your heart to be moved; when a thought or feeling resonates deeply, stay with it. Allow it to penetrate your being. When thoughts or feeling arise within you, express them to God.

Occasionally you might want to ask yourself questions concerning this passage: why? how? when? how might this apply to me now? Let further feelings and thoughts well up in your heart as you ponder to find deeper meaning or understanding or a different way of seeing things.

Respond authentically and spontaneously as you would when conversing with your best friend.