

How to LEAN into Daily Bible Reading

L – Listen

E – Examen

A – Absorb

N – Next Step

Listen (2-5 Minutes)

Find a comfortable place, relax, and sit in silence as you become aware of God's presence.

Examen (5 Minutes)

- Review the previous day with gratitude - briefly enjoy and give thanks for the minor moments, paying attention to God's grace and giving thanks for the major moments.
- Ask for forgiveness – ask the Holy Spirit to show you moments when you weren't who God has called you to be or you didn't follow the Spirit's leading, then ask for forgiveness.
- Look forward to today – ask God to show you what kind of person you should be today and specifically what He is calling you to do. Then ask God for the grace to be that person and to live in this way.

Absorb (15 Minutes)

Carefully read the selection for the day, asking the Holy Spirit to reveal what you need to see. Write down what the Spirit shows you. Write down a key verse from the day and reflect on that verse throughout the day.

Next Steps (5 Minutes)

Awareness

What has God brought to your awareness through listening, examen, and scripture today that would cause you to think or act differently? Write down what God has shown you and then ask God to show you how to act on this new awareness.

Preparation

How is God preparing you to take action in light of the growing awareness you have been given? God often brings insight or awareness of things in our lives and then prepares us, or calls us to prepare to act on that awareness. How is God preparing you, or calling you to prepare, for something new?

Action

God has been leading you to do something and you sense it is time to take action. What steps are you taking?

Maintenance

God has led you to action in the past and you have been encouraged to continue moving in that direction. What is God calling you to maintain?