

Scripture

God speaks through His Word, shaping our hearts and drawing us closer to Him. As we continue our *Summer Internship* series on the spiritual disciplines, we invite you to join our congregation in reading Scripture together using the YouVersion Bible App. A few minutes each day can become a meaningful rhythm of grace.

Install the YouVersion app on your smart phone or tablet



- To install the YouVersion Bible App, open the App Store (iPhone) or Google Play Store (Android) on your phone. Search for "YouVersion" or "Holy Bible" made by Life.Church—with a dot between Life and Church. Tap Install or Get.
- Once the app is downloaded, open it and sign up with a free account (using email, Google, or Facebook) to save your reading progress, notes, and highlights.

Set Centreville UMC as your church on YouVersion app



- To follow Centreville UMC, open the Bible App and tap the Discover icon (magnifying glass) at the bottom. Select "Churches" or type "Centreville UMC" in the search bar.
- Select Centreville UMC from the results to open our official Church Profile Page.
- Tap the three dots (...) in the top right corner and select Set As My Church.

To follow Centreville UMC's Bible reading plan

- Open the YouVersion Bible app and tap the You icon at the bottom.
- If you follow Centreville UMC (see step above), you will see our church listed on your screen. Tap the bar with our church name on it.
- Our church profile page will open. Tap the graphic for the Featured Plan.
- Choose Start Plan.

Other Bible reading plans we recommend

The Bible Project has a number of other reading plans in the YouVersion Bible app. Here are a few suggestions for some of The Bible Project's other plans:

- The Lord's Prayer (8 days)
- Sermon on the Mount (10 days)
- Foundations of the Bible (30 days)
- Introduction to the Christian Faith (9 days)
- How to Read the Bible (19 days)

Lectio Divina

Lectio Divina (Latin for "divine reading") is an ancient Christian practice of prayerfully engaging with Scripture. Rather than reading the Bible simply to gain information, Lectio Divina invites us to slow down, listen for God's voice, and allow God's Word to shape our hearts and lives.

Lectio Divina is not about studying the Bible for the "right" answers. Instead, it is about creating space to encounter God through Scripture, listening with an open heart, and allowing the Holy Spirit to guide, comfort, challenge, and transform us.

The Four Movements of Lectio Divina

Traditionally, the practice unfolds in four movements:

- Read (Lectio): Slowly read a passage of Scripture, paying attention to a word or phrase that stands out.
- Reflect (Meditatio): Ponder the passage and consider what God may be saying through it.
- Pray (Oratio): Respond to God in prayer with honesty, gratitude, questions, or confession.
- Rest (Contemplatio): Sit quietly in God's presence, allowing the Scripture to sink deeply into your heart.

To learn more about Lectio Divina

To learn more about Lectio Divina and how to practice it, we invite you to explore this resource from The Upper Room. Simply scan the QR code to get started.

