

Questions of Faith

Discussion Questions

October 18, 2026

What is the Bible?

1. What impacted you most during our worship service together this past Sunday? How would you describe what you experienced? In what ways did you experience encouragement, and in what ways did you experience discomfort?
2. How would you describe your relationship with the Bible, and how has it changed over time? Do you read it more now than in the past, or less?
3. What motivates you to read the Bible? What puts you off reading the Bible?
4. Have there been times in your life when reading scripture has been especially meaningful? In what ways was it helpful?
5. Are there any specific passages of scripture that have been transformative for you? Share one and explain how and why.
6. How do you personally deal with aspects you find difficult in scripture, such as passages that seem hateful or violent?
7. In what ways would you say the Bible is a human text, and in what ways is it a divine text? How might these two views of scripture help with interpreting its meaning?
8. Take some time to do a sacred reading of scripture together, as outlined below in the prayer practice for the week. Choose a passage together and appoint a reader. After the practice, share your experience of it with one another, and then spend some time praying for one another.

Prayer Practice: Sacred Reading of Scripture

This is a way of praying with scripture that has been used for centuries by followers of Jesus and is often called “Lectio Divina,” which is Latin for sacred or divine reading. A regular practice of Lectio Divina cultivates the ability to listen deeply to scripture and allow God’s presence to open our lives. It helps us listen for the quiet divine voice speaking to us personally here and now, and to grow in awareness of God’s presence with us, in us, and around us.

We interact with the text of scripture, but unlike Bible study, we do not analyze or dissect it. We listen in quiet and allow the words to settle into us as we quiet our thinking to receive them deeply into our hearts.

Choose a passage of scripture that is not too long. If you're not sure where to begin, choose one of the following:

- Psalm 103:1–14
- Matthew 11:25–30
- Ephesians 3:14–21
- 1 John 4:11–18

There are many ways to engage with Lectio Divina, but four steps are commonly used: read, meditate, respond, and rest. (You might prefer to listen to the scripture rather than read it, and there are some great apps and websites for that, such as www.biblegateway.com.)

Before you begin the steps outlined below, take a moment to sit comfortably in silence and center yourself. Intentionally focus on your breathing for a while and let go of any tension in your mind or body.

Read

Read the passage of scripture. This is best done slowly and intentionally, with an awareness of God's presence speaking through the text. Simply listen for God's voice in this moment. Don't search or seek out the meaning on your own, but rather wait and listen for something to emerge. When a word or phrase seems to settle on you, take it in and just sit with it in the silence.

Meditate

Read the text again for the purpose of "hearing" or "seeing" God in it. This is a deep searching of the heart. Ponder it, reflect on it, and ask how this is applicable to your own experience, your own life. How is God reaching you right now, speaking to you through the word or phrase?

Respond

The third reading is for the purpose of responding to God, expressing honestly whatever is happening in your heart and spirit as a result of listening. There may be joy, tears, awe, reverence, or even confusion—give any emotion or thought that arises freely to God at this time. And listen for how God might want you to turn, move, or act because of what you've heard.

Rest

Finally, let your mind and emotions settle to rest in silence and simply seek to love and be loved by God. Anytime distracting thoughts arise, just return to the word that stood out in the reading, repeat it, and allow other thoughts to fade. Allow this "sacred word" to symbolize all your love for God and your willingness to give God all your attention. Linger in this divine space and use the word as a window through which to gaze upon God and allow love to stream into your heart and mind.