

Chapter 11

Formational Reading of Scripture

Read Psalm 131 in its entirety three times out loud. Listen as you read. As you read it for the first time, think about what you observe and the words that speak to your heart. Jot them down. For the second reading, listen to your feelings as you read. Write them down. Lastly, with the third reading, look carefully for God's invitations, what God himself is inviting and empowering you to do as a response to the text. Describe them below. As an added opportunity to reflect, you can sketch your thoughts in the box below.



