

# READING SCRIPTURE SLOWLY



unhurriedliving

## How to Read Scripture Slowly

It may help you become more reflective and receptive to what you are reading in the scriptures if you listen to a passage while reading along visually. You can likely read in your head much faster than you can read aloud. But it's not a race. It is good to listen well to what God is saying.

It can be helpful to listen to two or three chapters and let your heart slow down to reading at the pace of listening. Your heart and mind may slow as you engage this practice.

There is space to notice the intersections between what you're reading and what's happening in your life. There is space to let the words soak in because you are not reading at full speed.

You can listen to the Bible on your smartphone using the [YouVersion App](#), or on your computer at the [YouVersion](#) or [Bible Gateway](#) websites.

## How to Engage this Practice

1. Set aside 15 minutes.
2. Get your Bible and your audio Bible device or website (see above).
3. Choose 2-3 chapters to which you will listen while you read along.
4. As you read and listen, let your heart and mind slow down. Listen with your ears and eyes, but also with your heart and mind.
5. When you have finished reading and listening to the chapters, take a few more moments to:
  - Be still in God's presence.
  - Pray in response to what you've heard.
  - Write a few words in your journal about your experience.