



DAY 03 - READING

LIVE THE FLOURISHING LIFE: FLOURISHING FAITH

Reading can be a spiritual activity. Reading scriptures can grow you in your knowledge and commitment to your faith. It can make you more aware of spiritual things in your life and in the world. Contemplating scripture and praying in response to it can deepen your sense of connection with God. Reading other spiritual books also has great value. A book that discusses faith can help you to understand your faith more deeply and equip you to live it out. A biography or novel about a faith-filled person can inspire and encourage you. Poetry about God or the beauty of nature can cultivate reverence and thankfulness.

That's why many religions have practices around reading, combined with prayer and meditation. The aim is not just enjoyment or gaining knowledge, but to connect with God and to personally apply the lessons learned and values demonstrated in the scripture. Spiritual reading has been described as reading 'with a striving towards God' and 'for the sake of our souls.'

Spiritual reading is reading... with a striving
towards God.

[Angela Lou Harvey](#)

Whatever you decide to read—scriptures or another spiritual book—reading and reflection can be of great benefit to your faith. Here are some tips for making the most of your reading time:

- **Set aside a time and place.** You'll want to be as free as possible from distractions and interruptions. You don't have to read a lot, but make sure you have time to read and reflect.
- **Come with an open mind.** You'll only grow spiritually through reading if you are willing to learn, open to being challenged and ready to respond.
- **Don't rush.** Read slowly and carefully, taking note of what stands out to you.
- **Spend time reflecting.** You could do this by journaling, praying or just quietly contemplating what you have read.

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- **Ask questions.** To help you understand what you've read, consider questions like 'what does this tell me about God?' 'what does it tell me about the world?' 'what is the main message?' and 'how can I apply this in my life?'
- **Find a takeaway.** Choose one main point that stands out to you that you can meditate on or apply to your life that day.

Reading intentionally, reflecting on what you have read and responding to it are key to taking your reading from a leisure activity to a spiritual practice. Just a short time of reading each day will reorient your mind and slowly but surely cultivate a flourishing faith.