Nourish Your Soul: 30 Day Challenge

Engagement Suggestions

After reading each day’s verse, nourish your soul by participating in one of the following activities. Read through the list and choose the one that fits best for you that particular day. During the challenge, I hope you will try each of them at least once. Give yourself permission to try new things. Who knows? You might find a brand new way to commune with your Heavenly Father in a beautiful and soul nourishing way.

Verse Map

Write the day’s verse on an index card or in a journal. Then grab your favorite tools (pens, highlighters, markers, etc.) and begin mapping. Following are a few suggestions:

- Personalize it...cross out words like “you,” “we,” “whoever,” “them” and write your name or “me” above it.
- Highlight parts that jump out at you.
- Read the verse in context – the whole chapter or passage.
- Read the verse in at least two other translations. Note on the card words or phrases from other translations that help you understand or apply the verse.
- Find cross references and note anything that brings new meaning.
- Circle a word or two and do a word study.
  - Look up the word in your dictionary and see if the definition gives you any insight.
  - Use a topical index and/or concordance in the back of your Bible to find other verses where the word appears.
  - Look up synonyms (same meaning) and antonyms (opposite meaning) in a concordance or online Bible tools site.

Pray the Verse in Color

Write the day’s verse on a plain sheet of paper or in your journal. Write it straight out or feel free to group words and phrases on your page as they speak to you. Fill the sheet leaving plenty of white space around the verse, phrases, and/or individual words. Once written out, spend some time sitting with the verse. Engage your entire being in the process by enhancing the words and phrases of the verse with color and design. You may also choose to add other words that come to you as you meditate on the Scripture. Close your time by praying the verse.

Journal Entry

Journal your thoughts, reflections, and questions to the day’s verse.
Answer 3 Questions

1. What does the verse say? — Observation —
2. What does it mean? — Interpretation —
3. What does it change? — Application —

Lectio Divina

1. Reading: Read the day’s verse. Consider, “What does the text say? What is going on in this Bible passage?” (Use a Bible commentary if you desire.)

2. Meditation: In the quiet, ask God whether there is something He might want to reveal to you through this passage. “What is God saying to me through the text?”

3. Prayer: Share your feelings with God in honest conversation. And don’t worry: God can handle any emotions that you have! “What do I want to say to God about the text?”

4. Action: Finally, act. Prayer should move us to action, even if it simply makes us want to be more compassionate and faithful. “What do I want to do, based on my prayer?”

Give Thanks

List your thanks in a journal entry or on a card that can be posted in a visible place as a reminder. Pray your list of thanks to God. Be an encouragement to someone today by sending a note or email of thanks to them. Be specific in the note!

Solitude & Silence

In solitude and silence, sit with God and the day’s verse. Ask Him to speak to you through the passage. Then be silent and listen. If observing a time of solitude and silence is new to you, begin by setting your timer for five minutes. When you mind wanders (and it will), simply recognize it and return to your listening.

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