



SPIRITUAL DETOX

SCRIPTURE

Consider how you could use these four ways of interacting with the Bible:

1. MEMORY

Try to memorise verses from the Bible as a habit. As you read through the Bible, a particular verse may feel especially relevant. Write it down, carry it with you and read over it throughout the day. You can commit a verse to memory fairly easy, just by repeating it over and over.

Think about memorising a verse a week to start with. It then becomes part of who you are. Check out Psalm 1 for the basic principle here.

2. DIGITAL

There's nothing like having the Bible accessible on your phone. You can join 256 million others and download it as an app from www.bible.com

One of the perks here is having the Bible read to you, which is particularly good in the NIVUK and the Message translations. Listening to the Bible on headphones as you walk to work, or in the car, really sets up your day.

Even better, try out one of the hundreds of Bible reading plans they offer. Special Recommendation: **Two-Year Bible Reading Plan** (www.bible.com/en-GB/reading-plans/2284-two-year-bible-reading-plan-volume-1) and **Bible in One Year** (www.bible.com/en-GB/reading-plans/3420-bible-in-one-year-2017), which comes with comments from Nicky Gumbel, the guy behind Alpha.

3. PSALMS

It's not just about having a disciplined, structured approach to the Bible. Learn how to find comfort and hope in Scripture. Here, the specific advice is to start reading the Psalms from Psalm 1, verse 1, until you 'find yourself in the Psalms'.

There's such a range of emotions expressed in these songs – anger, depression, wonder, confusion, hope, despair – you're bound to find something to help you with the issues you're going through.

4. NOTES

It's not always understanding what you read in the Bible, and getting some help and context can make all the difference.

The best set of books out there might just be the series The Bible for Everyone, by Tom Wright. Each part of the New Testament is broken down into daily readings of a few verses with a couple of pages of explanation and background from Tom Wright.

These books are all available from Amazon and other book sellers. Start off with Matthew for Everyone (www.amazon.co.uk/Matthew-Everyone-Part-Chapters-Testament/dp/0281053014) and see how you get on.