Many Christians feel guilty about the Bible. First, we know that we ought to read it regularly, which we may not, and secondly, that it should be feeding us, and often it doesn’t, and the words we read can seem to wash right over us.

Perhaps we need to begin by simply looking again at our style of Bible reading, and often just by approaching the Bible in a new way can be enough to change the way it speaks to us.

**Choosing what to read**

Begin by looking at what we are reading. As we know, the Bible isn’t really one book at all, but a collection of different types of literature, narrative, poetry, prophecy and letters. It really isn’t necessary to begin at the beginning and plough on until we reach the end.

As we are particularly concerned about healing, why not begin by taking one of the Gospels and looking at the healing stories in that Gospel?

**Taking time**

Perhaps the biggest cause of dryness in our reading the Bible is the fact that we gloss over passages and therefore read it too quickly, and don’t take in many of the treasures that are there for us.

So then, if you decide to read through the healing stories in the Gospels, take one story and read it through slowly a few times. The chances are that the story is familiar to you, but try to read it through as if you were reading it for the first time.

**Ask questions**

When you have read the story through, look at it again, and answer some of the following questions which reveal more about the story and the person of Jesus.

- What does this passage say about the Father, the Son, or the Holy Spirit?
- What does this passage say about humanity, in other words, about us as people?
- Where is the love of God in this passage?
- What does this passage say about faith?
- In what ways does this passage, or a verse from this passage, encourage / challenge or convict me?
- From this passage, what can I take into my relationship with God?
- Is there a verse I want to carry with me throughout the day?

**Record what comes to you**

Different people have different practices when it comes to keeping a spiritual journal, but many people do find it helpful to make a note of the thoughts that come to them. It encourages us to ‘own’ our thoughts, rather than just letting them wash over us. It also helps us remember what God is saying to us as the act of writing helps us to hold on to what God is saying. As well as that it gives us the chance to go back and read over the things that have been recorded.