



# Five Ways to Soak in the Word

And to be renewed in the spirit of your minds, and put on the new self,  
created after the likeness of God in true righteousness and holiness.  
Ephesians 4:23-24 ESV

## Read

Make it your priority to spend at least a few minutes in the Scriptures every day.

## Rewind

Take time to read the whole chapter not just a verse or two in order to gain context.

## Reflect

Don't rush from one study to the next; give yourself time to reflect on what you've learned and allow it grow in you before you move on.  
{ This is the practice we tend to neglect but it's incredibly valuable to our growth. }

## Repeat

Just as there is great value in taking time to reflect on what we've read, we must also make a practice of repetitive reading of Scripture as this practice also allows our understanding to deepen.

## Restart

It will happen, we all miss a day or two of time in the Word and in prayer. But when it does, we must choose not to give up but instead to pick it up again.