

3-I Method for Study of the Sunday or Daily Scriptures

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[For individual use with a journal]

1st IMPRESSIONS

Learning Objective: Listen to a scripture passage with open mind and heart and express my initial understanding based on my life experience.

Read a selection from the Sunday or daily readings **aloud** or listen at <http://www.usccb.org/bible/readings-audio.cfm>.

Jot down or draw first impressions, using the following reflection guide(s):

Placing myself in the story—I see, hear, smell, taste, touch...

This scripture reminds me of...

Listening to this passage, I feel...

On hearing this story (again or for the first time), I think it's about...

OR

Listen for a word or phrase that especially strikes you.

Jot down and meditate on the word or phrase you chose.

Identify and make note of connections with your life story.

Jot or draw to express what this story means to you.

INSIGHTS

Learning Objective: Challenge my initial personal understanding by considering it within broader contexts.

Search for insights to expand initial personal understanding.

Read the surrounding text from the Bible.

How does this part of the story relate to the rest?

Read a different translation.

Does any part of the passage make more sense?

Read the other readings of the day.

How does this reading relate to the others?

Check footnotes in a Study Bible.

Consult commentaries at www.liturgy.slu.edu.

What do biblical scholars say about this passage?

Write down important insights in your journal.

IMPLICATIONS

Learning Objectives: Deepen my personal understanding through dialogue with insights. Consider implications for real life.

Bring new insights into dialogue with first impressions.

How do the new insights challenge my initial understanding?

Begin to integrate insights into personal understanding.

How might I express my understanding now?

Consider the implications of new understanding.

What difference does this make in my life?

Write down your new understanding and its possible implications.