

Instant Bible Soaking

Before you meet:

Either find a relaxing cd or playlist that you already have, or search on YouTube under 'relaxing music' or 'music for prayer soaking' and find a compilation of songs that you feel are soothing, restful and reviving.

Note: it's worth having a little listen to whichever list you choose: some will have ads that play at the beginning that you could get past so that your evening doesn't start with an advert!

Open in prayer, welcome the Holy Spirit into your group and invite him to minister to each of you in just the way that he knows you need.

Encourage each member of the group to sit and relax, or if you have space, they might like to lie on the floor. Go with what's comfortable for the culture of your group.

Once everyone is comfortable, ask them to close their eyes and explain you are going to read some verses to them. As you read them, invite the group to simply rest in the words they hear.

Here are the verses. You may like to add more.

A slow speed is key – do not rush. Leave good pauses between verses to let the words sink in. You may like to read each verse twice, to enable the group more of a chance to absorb the words.



All verses given are from The Message bible translation.

Matthew 11:28-30

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:31-34

“...What I’m trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God’s giving. People who don’t know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don’t worry about missing out. You’ll find all your everyday human concerns will be met.”

Matthew 5:8

“You’re blessed when you get your inside world – your mind and heart – put right. Then you can see God in the outside world.”

Matthew 6:34

“Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.”

Luke 12:32

“Don’t be afraid of missing out. You’re my dearest friends! The Father wants to give you the very kingdom itself.”



John 14:27

“...I’m leaving you well and whole. That’s my parting gift to you. Peace. I don’t leave you the way you’re used to being left – feeling abandoned, bereft. So don’t be upset. Don’t be distraught.”

Luke 6:38

“...Give away your life; you’ll find life given back, but not merely given back – given back with bonus and blessing. Giving, not getting, is the way. Generosity begets generosity.”

These are just ideas. You may have a whole other set of verses you’d like to share. Maybe just choose one Psalm and read it slowly, several times with breaks between to let the words really soak in.

