

R.I.P.E.

Reading Guide

RIPE essentially re-labels, for easier recall, an ancient yet growing Christian devotional practice called *lectio divina*, which includes four phases: *lectio*, *meditatio*, *oratio* and *contemplatio*. RIPE stands for Read, Immerse, Pray, Execute.

As you read Philippians with the R.I.P.E. reading plan, write down your thoughts, insights and impressions in a journal.

R: Read

Slowly read the passage several times, both silently and out loud. Make yourself aware of cultural, theological, or other biases you may be bringing to the passage. Read it without allowing those biases to cloud your reading. Read it first from the viewpoint of a child who knows nothing about the cultural and theological underpinnings of the passage. After you do this you can then bring in other background or theological insights you already know about the passage.

Take 2-3 minutes on this exercise.

I: Immerse

Immerse yourself *in* the scripture and ponder it by imagining yourself as one of the original hearers of this passage, physically present in the time and place in which the scripture was spoken, written, or read. Use all five senses to re-create the context and setting in your mind. Enter into the hearer's world. Center your thoughts on how the passage relates to Jesus.

Take 2-3 minutes on this exercise.

P: Pray

Pray over the scripture and 'pray' the scripture by personalizing it for yourself. Allow the Lord to search your heart as you ponder it. Let Him speak to your heart and reveal His will to you. Choose a learner's posture as you ask the Lord about what He wants to stop, start, change, develop, or grow in you.

Take 2-3 minutes on this exercise.

E: Execute

Now, review what you read, what you learned as you immersed yourself in the reading, and what you felt God impress upon you to do. Commit to the Lord that you will carry out *today* what He has impressed upon you to do, be, or change. Write down what you will do. Be specific in your commitment.

Take 2-3 minutes on this exercise.