**Practice of Hand-Copying Scripture**

Writing was an ancient practice—scribes (like Ezra), monks, kings of Israel (Dt. 17:18-20)

Writing enables the practice of meditation—slows you down, combats quick surface-level reading, helps to perceive overlooked details like patterns, often used words/phrases, or important concepts.

Writing helps serve as a memory aid—see the words with your eyes, hear them in your mind, feel them with your hands. Research shows that writing by hand stimulates neural activity!

Practical Tips: Do just a few verses at a time. Use a pen or pencil you like. Go slow!

Ask yourself questions:

What word(s) do I keep writing/hearing?

Who is writing? Who is the audience?

Am I seeing patterns? Repetition?

Does this verse remind me of another verse in the Bible?

Write things down:

Circle words you don’t understand.

Underline repeated phrases or words.

Draw arrows to connect ideas.

Make question marks by ideas that require more thought.

Write questions or connections in the margins.

**Practice of Meditating on Scripture**

To encourage fellowship with God and preparation for prayer, consider Martin Luther’s practice of meditation (TACS):

* Teaching – What is a key teaching/instruction in the passage?
* Adoration – In light of this teaching, how can I praise God?
* Confession - If this teaching is true, what do I need to confess?
* Supplication – In what areas can I ask God to change my heart, help me grow?

Resources:

 <https://www.biblegateway.com/resources/scripture-engagement/hand-copying-scripture/resources>

<https://wmpl.org/filed/resources/public/Literature/ASimpleWaytoPray.pdf> (pay attention to the page numbers)

<https://www.kevinhalloran.net/how-to-meditate-on-scripture-learning-from-luthers-example/> (summary of Luther’s Simple Way to Pray)