

# What is the Bible good for?



## PRAY

### My Lord and my God!

How good that you are not silent. How wonderful that you are a god who speaks a language that we men can understand. You have revealed your heart to us. We have words from you and know how you think. Enlighten, heal and free us by your divine word.  
Amen.



## CONTEMPLATE

One person reads the Bible passage aloud.  
Short silence.

**Exchange:** *What particularly appealed to you?*



## STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



## DISCUSS

**Also discuss your own questions on this topic!**

**Treasure Book:** *Take five minutes to write down what you don't want to forget.*



## CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#YOUCATChallenge:** *Share your experience on Facebook or Instagram.*



## Mt. 4:4

One does not live by bread alone, but by every word that comes forth from the mouth of God.

16

*What is the right way to read the Bible?*

**The right way to read Sacred Scripture is to read it prayerfully — in other words, with the help of the Holy Spirit, under whose influence it came into being. It is God's Word and contains God's essential communication to us. [109–119, 137]**

The Bible is like a long letter written by God to each one of us. For this reason, I should accept the Sacred Scriptures with great love and reverence. First of all, it is important to actually read God's letter — in other words, I must not pick out details while paying no attention to the whole message. Then I must interpret the whole message with a view to its heart and mystery: Jesus Christ, of whom the whole Bible speaks, even the Old Testament. Therefore, I should read the Sacred Scriptures in the faith that gave rise to them, the same living faith of the Church.

1. Why should we pray before reading in the Bible?
2. What does Jesus mean by saying: "I am the way, the truth and the life" (John 14:6)? Consider, he is not saying "I have the truth..."
3. Do you have any biblical passages that mean a lot to you?
4. How can you integrate the Bible into your daily life?

If you do not have the Bible yet, then buy one (there are many beautiful Catholic Bibles available second-hand) or have it as a present. And if your copy is not beautiful, then buy a more beautiful one. Hold it sacred. Do not leave it on the shelf. Put it in a place where you will stumble upon it daily.

Do you accept this challenge?

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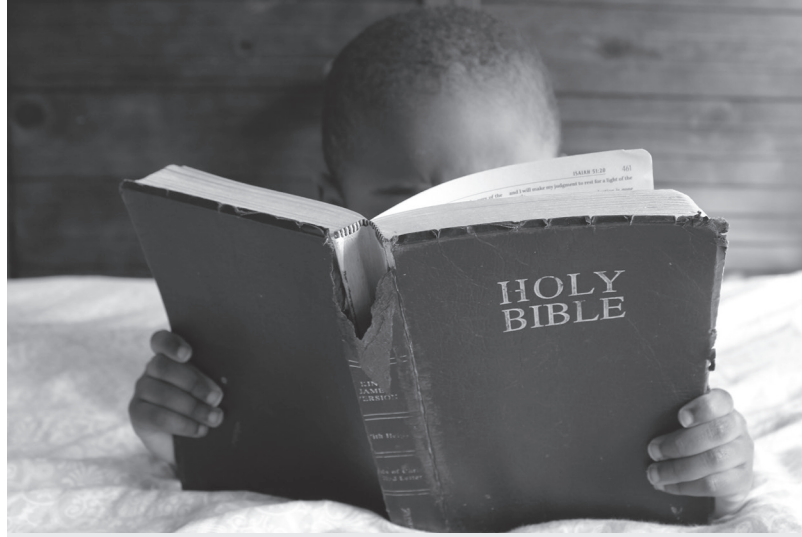
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