**Just read the Bible**

This is an exercise to do along with one or two friends.

1. Find a time when you don’t have to rush and begin to read one of the gospels. Start with Mark’s gospel and simply read it on your own enjoying the story. You may find it helpful to read out loud to slow you down. It should take you about one and a half hours to read Mark from start to finish over a week. At this stage simply read the story.
2. Arrange to meet up and talk about what you are reading with a friend. Think about what you are learning, what does it say, what does it mean and what difference does it make to your life? As you talk together you will learn new things together.
3. Later, if you want to find out more about the background to the story you are reading you could look at a Commentary. If you are not sure where to find one, ask your vicar or minister to make a recommendation.
4. If you have enjoyed your reading and discussing with a friend you could move on to read the Book of Acts; or another gospel or some of the Psalms.