

## Sustained Silent Reading Log Instructions

At the end of each Sustained Silent Reading (SSR) period, make an entry in your SSR Log. In each dated entry, record what you read (biblical book, chapters, and verses), and write two or three sentences that reflect on or pose questions about what you read. The following questions are designed to prompt your thinking and writing; try to vary the question or questions you answer each time you make an entry in your log. You may use drawings to supplement, but not replace, your writing. See the example provided.

- What surprised you about this reading?
- How does this reading connect with your life?
- What do you like about what you read?
- What do you dislike or find disturbing?
- What aspects (for example, characters or events) of the reading can you visualize easily? What do they look like? Which are harder to visualize? Why?
- With what character in this reading can you most identify? Why?
- How does this reading help you to better understand the world in which the New Testament was written?
- What person, or what group of people, could most benefit from the message of this reading? Why?
- What questions do you have about this reading?

### *Sample Entry*

September 24, 2011

Mark 2:23—4:41

I love how Jesus shows deep compassion for so many people: for the man with the withered hand, for the great crowd of sick people who seem to follow him everywhere, and for his own disciples. But there are times when Jesus seems a little harsh, which puzzles me—for example, why does he always insist that people keep his identity and his power a secret? My favorite story in this section is when Jesus calms the storm: sometimes I feel like my life is one storm after another, and so I feel really comforted by the image of Jesus calming those storms and helping me not to be afraid.

