

Lingering in the Word: Author's take on how daily Bible reading can change lives

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Nina Atcheson is the Adventist Identity Officer for Adventist Schools Australia. But she is also a writer and now published author. In the lead up to the launch of *As Light Lingers*, she answers questions from **Nathan Brown** about her new book and how spending time with the Bible can change our lives.

Tell us about your day job.

I've spent the past 10 years writing and training teachers in the secondary Encounter Bible Curriculum. This role is focused on supporting leaders and teachers in the areas of spirituality, curriculum and culture.

What inspired you to write *As Light Lingers*?

Through conversations with people of all ages in different countries, I was struck with how apathy and life's busyness too often rob us of meaningful time in God's Word. I've felt it myself, and I believe this breaks God's heart because He wants to connect with us.

How can spending time in the Bible change us?

Jesus says, "You search the Scriptures because you think they give you eternal life. But the Scriptures point to Me!" (John 5:39, NLT). Basking in God's Word changes us because when we come in prayerful humility, we can know Jesus personally. Truly abiding in Him can change everything about our lives—our attitude, conversations, dreams and plans for the future.

How is your approach to Bible study influenced by your understanding of how we learn?

As an educator, I know we're more likely to be impacted by something when we reflect, write, discuss and share our discoveries with others. Writing slows down our thinking and allows us to better process what God's Word is speaking into our lives. We're also more likely to recall something we've written down.



Figure 1: Nina with husband Matt


What does your daily Bible reading and study look like?

Every evening before I fall asleep, I ask for God to wake me up the following morning because He knows how much time I need to spend with Him. I always journal the message I find, along with my response to God. It's incredible to look over past journals and re-read how God has spoken so clearly through His Word.

What suggestions can you give for getting into a good Bible-reading habit?

It's easy to feel spiritually empty and a bit powerless when it comes to meaningful Bible study. While commitment and variety are key, finding time is probably the greatest challenge many of us face. I

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Jesus loved having deep, thought-provoking conversations with those around Him. We too can have such conversations, based on His Word.

FOR: families, couples, friends, & small groups.

As Light Lingers
www.aslightlingers.com

How to use POP [Purpose of Passage] cards:

1. Give a copy of the same POP card to each family member or friend to reflect on.
2. Ask one person to read the Bible passage out loud.
3. Starting with the youngest, invite each person to share their thoughts to a question on the reverse side.
4. Discuss what this passage means to you today.
5. Pray together.

For more information, see chapter 7 of *As Light Lingers*.

Figure 2: Suggestions for using POP Cards [Copyrighted, supporting resources used here by permission.]

regularly covenant with God and ask Him to grow my desire to deepen my walk with Him and to remove that barrier of busyness.

What is your number-one tip for a healthy devotional life?

To personally take time to respond to Scripture, since God's Word is alive and active. It's sharp, in that it cuts to the point and speaks to our souls (see Hebrews 4:12). If I don't allow this living Word to speak into my life, it won't. Intentionally giving God my time and coming with a humble, open heart, ready to listen and respond, is essential.

How has the message in this book impacted your family?

Not only has sharing what we study deepened my marriage but modelling simple strategies to my children is visibly growing their relationships with Jesus. In addition to personal Bible study, we also dig deeply into God's Word together as a family, which has added richer conversations to our home.

What has been the initial reaction to *As Light Lingers*?

People of different ages and stages in life have been sharing how this book is challenging and equipping

them to grow in their relationship with God. I'm in awe at how and where He is taking this book and continue to pray it will bless anyone who needs to hear this message. **TEACH**

Author information:

Nathan is Book Editor at Signs Publishing. He is a former magazine editor, a published writer and an author or editor of more than a dozen books. He is also a co-convenor of Manifest, a community exploring, encouraging and celebrating faithful creativity.

Editor's Note

As Light Lingers can be purchased from Better Books and Food, any Adventist Book Centre, and on Amazon Kindle. Further information and opportunity to contact the book author is available at www.aslightlingers.com

POP cards, authored by Nina Atcheson with design by Elissa Webb, can be purchased from Better Books and Foods, Cooranbong, or directly from the book's website.

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