

SCRIPTURE MEDITATION GUIDE

Opening Prayer: *Jesus, I open my heart to You during this meditation time. As I listen and receive Your Word, I believe that You are here, fully present to me. May Your love and Your truth be integrated into my mind, heart and soul. Amen.*

1

Begin by taking a couple of deep, slow breaths: in through your nose, filling your belly all the way up with air...and exhaling out through your mouth.

2

Quiet your heart and mind.

3

Read the scripture passage once through slowly (reading aloud is recommended or moving your lips if you are reading silently). Then sit in the quiet for a few moments.

4

Read the scripture passage through a second time, this time noticing any words, phrases or imagery that stand out to you. Focus on what stands out to you and sit in the quiet for a few moments.

5

Now, engage in conversation with God. You might begin by asking Him what He is speaking to You through the passage and through the part that stands out to you.

6

As you engage with God, be very real with Him, speaking from your heart. Leave times of silence for listening.

7

As you listen, pay attention to any sensations, thoughts, impressions, or feelings that emerge, as God often “speaks” to us through interior movements.

8

During this time of conversation with God, it can be very helpful to write or journal about any impressions, sensations, words, images, or thoughts that you become aware of.

9

Before you close, allow a few minutes to simply rest in God’s presence. Thank Him for the opportunity to be together with Him in this quiet moment.