

MEDITATE ON GOD'S WORD

READ. THINK. RESPOND.

Christian meditation is an active thought process where you think on God's Word, allowing it to change you from the inside out and respond to it. This simple handout will assist you in an exercise you can do as you cultivate the habit of meditating on God's Word.

READ a chapter or section of scripture.

What passage did you read?

What verse stood out to you?

What is the context of the verse?

Write the verse:

THINK on the verse.

Read over the verse multiple times, slowly and methodically. Consider underlining and circling parts of the verse, or potentially draw it out. As you do this, create a list of every truth you learn.

RESPOND to God's truth.

Consider how God is calling you to respond (Ex: in worship, obedience, remembrance, trust).