

**STEP 1** Ask God to become present in your mind and heart.

*opening prayer*


**STEP 2** Pick a passage to read. Make sure it's not too long, no more than 10 verses.

**MY PASSAGE:** \_\_\_\_\_

**STEP 3** Read the entire passage (if alone read aloud). As you read, pay attention to what sticks out to you, such as a word or phrase. Hold on to what stands out and continue reading until you finish the passage.

**MY PHRASE OR WORD:** \_\_\_\_\_

\_\_\_\_\_

**STEP 4** Reread the passage for a second time, again holding your phrase or word in the front of your mind as you read. If new words emerge, pay attention to them too.

**REWRITE YOUR PHRASE OR WORD:**\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**STEP 5** Reread the passage for a third time, continuing to hold on to your phrase or word as you read.

**REWRITE YOUR PHRASE OR WORD:**\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**STEP 6** Take your word or phrase and bring it before the Lord in this final phase of the exercise. Ask God if this is what He wants you to take from this reading. Talk to Him about this phrase or word and what it means to you and how it applies to your life today. Allow this portion of the exercise to be organic and open as you allow space and room for God to speak to your heart in this way.

*Write a closing prayer about your study.*
