



This week practice the SACRED Reading method of meditating on Scripture. You may want to journal what the Holy Spirit speaks through the Word each day.

**Silence your thoughts.** Begin by quieting your spirit. Call on the name of the triune God and ask the Holy Spirit to guide your time of listening.

**Attend to the passage.** Read your chosen verses. Ideally, you will read the passage out loud. Read slowly. Pause when it seems that God is drawing your attention to a particular sentence or phrase. Let the words resonate in your heart.

**Contemplate the Word.** Meditate on the passage, especially on any words the Holy Spirit seems to be speaking directly to you today. Do not hurry this time. Allow the Holy Spirit to bring up any feelings, doubts, or fears buried deep in the recesses of your soul. Thoroughly explore your soul for your most genuine response to these words of God.

**Respond to the text.** After you have taken time to listen, speak. That is, pray, pouring out your heart to God in response to what He has just spoken to you. If the passage inspired joy, offer thanks. If it brought a sense of conviction, confess.

**Exhale and rest.** Read the text again and rest in the love of God. Simply wait with the Lord who loves you more than you can know.

**Dwell in the Word.** As you come out of this restful state, ask the Spirit, "What truth can I carry into my day?" Think about a truth or promise you received that will help you live out God's Word.

day one

**Scripture for Meditation:** Psalm 1

**Journal:**

day two

**Scripture for Meditation:** Isaiah 40:28-31

**Journal:**

day three

**Scripture for Meditation:** Isaiah 43:1-7

**Journal:**

day four

**Scripture for Meditation:** Matthew 5:3-10

**Journal:**

day five

**Scripture for Meditation:** Ephesians 3:14-21

**Journal:**