

MEDITATION ON SCRIPTURE

1. Bible reading: Read the Bible passage slowly. The first time, try to understand the content. The second time, listen to the scripture with your heart and write down the word, phrase, or verse(s) that has special meaning to you. Read quietly as many times as necessary to find this phrase that strikes you.

2. Message for me: Write down what you believe God is telling you personally through the scripture verse you selected. Start by writing down your name as if God is addressing you personally.

3. Examination of conscience: Examine your conscience against the message that you just received. In what ways do you live or fail in living by the message?

4. Commitment: Write a commitment that is specific, relevant, and attainable that will bring a change of behavior and bring you closer to Jesus. Try to think of one that you can accomplish today.

5. Prayer: Write a short petition to God.

6. Sharing: Share your meditation in small group.
 - a) Each share your meditation and commitment
 - b) End with your prayer of petition
 - c) The group responds, "Lord, hear our prayer."