

PREPARE

Get everything you need. Find a space with minimal distractions, get comfortable and then choose a short bible passage. spend a few moments inviting God to speak to you, rest in His presence.

READ

Slowly read through the bible passage until a word, verse or phrase jumps out at you. Meditate on the word, phrase or verse by repeating it and letting your mind wander. What is God trying to communicate to you?

PRAY

Begin to pray through the thoughts and feelings that have been provoked by this passage. Keep yourself open to how God might be leading your thinking and prayer. How is God leading you in this moment?

REST

Once you feel like you have prayed everything you need to, spend some time just resting and being in God's presence. Receive the peace and calm that comes with God's presence.