



MEDITATION

Dwelling on God's Word

"REST IN THE LORD AND WAIT
PATIENTLY FOR HIM."
PSALM 37:7

- Read a passage of Scripture several times. Dwell on any parts that stand out to you. Ask the Lord how you fit into the text.
- Close your eyes, and focus on how your body feels. Imagine God the Father, Jesus, or the Holy Spirit easing any pain or tension in your body.
- Think back on your day. What moments were you happy with? Thank Him for those. What moments were you unhappy with, and how might God be calling you to growth with those things?
- Take deep breaths, as you repeat a meaningful word or phrase, like "Jesus," "Be Still," "I am His Beloved," "Peace," etc.
- For restless nights, read passages of God's promises.
- Sit in silence, and wait for God to speak.

deep
roots

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