



Copy the Psalm below. Pay attention to each word.  
Underline, circle, or highlight words, phrases, or verses that stand out.

[illegible]

## MEDITATE

**MEDITATE**  
Pick one word, phrase, thought, or verse to meditate on throughout the day. Remember the context. Set 5 minutes aside to think and talk to the Lord on the selected text.

## PRAYER

What or who can you pray for from today's passage?



## FOOD FOR MEDITATION



## RESPONSIVE PRAYER



## WHO IS ON MY HEART?



## WHAT CAN I PRAISE GOD FOR TODAY?

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