

# MEDITATION

“Eating the Word”

Verse \_\_\_\_\_ Date \_\_\_\_\_

Make a Title \_\_\_\_\_

Prepare the verse - Write it out

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2. Paraphrase the verse - Translate

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3. Pulverize the verse - Ruminare

(a.) Emphasize each word aloud by exclamation.

(b.) Pick 1 or 2 words that are key to the message of the verse for your heart. (c.) Ask questions about the verse. Who? What? When? Where? Why? How?

First word \_\_\_\_\_ Second word \_\_\_\_\_

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Questions \_\_\_\_\_



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4. Personalize the verse - Apply

Put your name in the verse. Visualize if written specifically for you.

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5. Pray the verse - Incarnate

Ask God to give you insight and to make the verse a reality in your life. (Based on II Timothy 3:16)

Doctrine \_\_\_\_\_

Rebuke \_\_\_\_\_

Correction \_\_\_\_\_

Training in righteousness \_\_\_\_\_

5. Pursue the verse - Memorize it

Date completed \_\_\_\_\_

