

HOW TO MEDITATE ON A VERSE OF SCRIPTURE

1. **Picture it!** (visualize, draw a sketch)
2. **Pronounce it!** (emphasize each word)
3. **Paraphrase it!** (put in your own words)
4. **Personalize it!** (put in first person)
5. **Pray it!** (turn it into a prayer)
6. **Probe it!** (ask specific questions...)

S.P.A.C.E.P.E.T.S.

SIN TO CONFESS?

PPROMISE TO CLAIM?

ATTITUDE TO CHANGE?

COMMAND TO KEEP?

EXAMPLE TO FOLLOW?

S.P.A.C.E.P.E.T.S.

PRAYER TO PRAY?

ERROR TO AVOID?

TRUTH TO BELIEVE?

SOMETHING TO THANK GOD FOR?