

FOUR-WEEK SCRIPTURE MEDITATION PLAN:

Week 1 – Rooted in God's Presence - Joshua 1:7-9

Week 2 – Formed by Love - Romans 12:9-13

Week 3 – Rest for the Weary - Matthew 11:28-30

Week 4 – Trust Over Worry - Philippians 4:6-7

(Feel free to substitute any other scripture for the ones suggested here.)

Scripture meditation is not about emptying your mind; it is about filling it intentionally. It is purposefully dwelling on God's Word—returning to it again and again until it shapes how you think, pray, and live. Meditation is slow. Repetitive. Relational. It creates space for God's truth to move from head to heart.

Daily Rhythm (10 Minutes)

1. Settle (1-2 minutes)

Find a quiet place. Breathe slowly. Ask God for attentiveness rather than productivity.

Prayer: "Lord, help me be present to You."

2. Read Slowly (2-3 minutes)

Read the passage slowly—out loud if possible. Read it more than once.

Notice words or phrases that stand out.

3. Reflect (3-4 minutes)

Sit with any word or phrase that caught your attention. Ask:

What does this reveal about God?

What does this reveal about my current season?

How might God be inviting me to trust or respond?

4. Respond in Prayer (1-2 minutes)

Turn your reflection into prayer—thanksgiving, confession, asking for help, or quiet listening.

Throughout the Day:

Return briefly to the Scripture when you can—while driving, during pauses, or before sleep. Let God's truth occupy the space worry often fills.

Weekly Reflection:

What phrase stayed with me most?

How did this Scripture shape my thoughts or responses?

Where did I notice God's presence?

Important Reminders:

- Meditation is about faithfulness, not feelings.
- Some days will feel dry—that doesn't mean nothing is happening.
- Growth happens quietly, over time.