

MY CHILD:

“COME AWAY WITH ME
BY YOURSELVES
TO A QUIET PLACE
AND GET SOME REST.”
MK. 6:31.



SETTLING THROUGH SCRIPTURE

PSALM 139:

Vs. 1-6: SPEAKS OF GOD WHO IS ALL KNOWING.

Vs.7-12: SPEAKS OF GOD WHOSE PRESENCE IS ALWAYS WITH US.

Vs. 13-18: SPEAKS OF GOD WHO CARES FOR US PERSONALLY.

*PREPARE: BEGIN WITH A PRAYER OF INVITATION AND CONFESSION
SETTLE YOUR MIND FROM ALL DISTRACTIONS.

SIT . . . IN SILENCE.

*READ THE SCRIPTURE

1ST TIME: JUST LISTEN.

2ND TIME: WHICH OF THESE SECTIONS ARE YOU DRAWN TO?

3RD TIME: PAY ATTENTION TO THE WORD OR PHRASE THAT HAS PARTICULAR MEANING TO YOU. WRITE THAT DOWN.

*REFLECT: BE QUIET AND CONSIDER WHAT GOD MAY BE SAYING TO YOU FROM THE WORD OR PHRASE.

*RESPOND: WHAT IS THE CALL YOU HAVE RECEIVED?
IS IT CALL TO ACTION?
IS IT A CALL TO WAIT?
IS IT A CALL TO CHANGE?
IS IT A CALL TO STOP?

*JOURNAL: WRITE DOWN YOUR THOUGHTS AND YOUR COMMUNICATION WITH GOD.

*REST: READ THE PASSAGE ONE MORE TIME AND REST IN GOD’S WORD.

*RECREATION & EXERCISE:
*REFLECTIVE READING

*REPEAT CYCLE: WITH ANOTHER SCRIPTURE THAT HAS COME TO MIND.

*SIT IN SILENCE
*COMMUNION

*CLOSING: PRAY A PRAYER OF THANKSGIVING.
NOW GO . . . AND BE AWARE OF THE PRESENCE OF GOD WITH YOU.



AFTER YOU GO . . . JOIN TOGETHER WITH SOMEONE ELSE AND TALK ABOUT THE WORD OR PHRASE YOU WERE DRAWN TO AND THE CALL TO RESPOND.



YOU CAN REPEAT THIS SAME FORMAT WITH ANY SCRIPTURE PASSAGE. PRAY & ASK GOD TO GUIDE YOU.