

## READ

Read the passage slowly, considering the invitation that reading Scripture is encountering God Himself, or “hearing His voice.” Once you’ve read through once, read the passage again. This time, also listen with the ear of your heart for a word or phrase that stands out to you. Do not choose it yourself. Let the Spirit bring it to you. Welcome it with meekness and see what happens (James 1:21.)

## REFLECT

Read the passage again slowly. As you do so and for a few minutes afterward, reflect on the word or phrase that stood out to you. Why do you think these words resonated with you? Give yourself 4-5 minutes to do this. Then ask God, How does this connect with my life today? What do I need to know or do or be?

## RESPOND

Read the passage one more time, preparing yourself for what you want to say to God about what you think the Spirit might have said to you or what stood out to you. Pray however you are led to pray. You might thank God for something or ask God for something. Or you might simply want to pray through certain lines from the Psalm.

## REST

Do as you are led. You may wish to wait on God- to simply *be with* God. You may wish to pay attention to God, pondering especially how this passage adds to your wonder about God. What about Him makes you want to worship Him, or at least *be with* Him? Sit in the companionship of God, the one who seeks you.