

## PREPARE

Find a quiet place where you can be alone with the Word. Minimize all noise and external distractions.

Set a timer for 30 min. (or go without one). Put your phone on "do not disturb" or airplane mode.

Close your eyes and breathe deeply. Allow your body to relax. Quiet your mind.

As mental distractions come, acknowledge each thought and then release it to Jesus.

## MEDITATION: IMAGINE

After getting comfortably settled and acknowledging the first wave of distractions you are ready to start the practice.

Imagine Jesus within you. Picture him there. Look into his eyes with love and see him looking into your eyes with love.

Allow your mind to deeply dwell on the scripture. Consider looking back at one thought of the passage at a time. In each verse, be aware that the Jesus you read about is the Jesus within you, the Jesus that you are gazing at.

Imagine yourself in the story as you read it. Perhaps you put yourself in Jesus' shoes, as a bystander watching it all happen, or a character in the story. Encourage your mind to visualize and experience the whole setting.

You can speak to him about any of the thoughts the scripture evokes in you. Perhaps you want to invite Jesus with Mary and Martha to help take your eyes off the tasks and activities of your life that distract you from him. You may desire to express your love or thanks to him or ask him to help you in a difficult situation. Alternatively, you may not have words to speak. Continue looking quietly at this Jesus within you with eyes of faith and love.

Distracting thoughts are a natural part of this process. Each time they arise, continue acknowledging and releasing them.

Journal and Pray

## MEDITATION: THOUGHT

Use any of these questions to promote your Bible meditation, not as a worksheet, but as the Spirit leads you with the text:

Understanding the text - What does this mean? Why would he have said this? What if he hadn't said this? How would I paraphrase this section? Is there an example to follow, a promise to claim, a command to obey? Are there contingencies to notice?

Teaching - What does this tell me about who God is? About people?

Adoration - What can I adore about God in this?

Confession - What can I confess (be specific, think of the last 24 hrs)?

Supplication - What can I ask for related to this?

Reality - What does my life look like when I am not living or believing this teaching (identify specific attitudes, beliefs, behaviors, and emotions)?

Vision - What if this teaching or belief were explosively true in my life? What would that look like (attitudes, beliefs, behaviors, and emotions)?

Comparison - What's your reaction when you compare your reality & vision?

Implications - If this truth is really real, or this teaching was a reality in my life, what would the implications be? List them out. Consider and think about the specifics of each one.

Truth and lies - What are the truths this text teaches you? What are the lies that you have been believing?

Why now? - Why might God be bringing this to my attention right now?

Journal and Pray

## LIVE

At the end of your prayer of recollection time, consider identifying a "gem" that captures thoughts from your meditation, it could be a word or phrase or verse. Bring this gem back to your mind throughout the day, using it to guide your thoughts toward Jesus and replace toxic or unwanted thoughts. Keep a list of your daily gems in your Bible or journal.

Use your daily gems (all of them or a selection) as a "mosaic" of thoughts that will guide your mind to connect with Jesus when it is helpful (e.g., at the beginning of your prayer of recollection time, before you go to sleep at night, or when you feel anxious or distressed). Consider memorizing your mosaic.