

# Meditation Worksheet

Scripture reference: \_\_\_\_\_

Step 1: PRAY. "Speak, Lord, for your servant is listening" (1 Samuel 3:9).

Step 2: Look at the PERIMETER of the verse. Write down your observations:

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Step 3: PARAPHRASE the verse:

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Step 4: PULVERIZE the verse:

- Emphasize a different word in separate readings.
- Choose one or two words that are key to the message of the verse for you.

- Ask questions about the word:

Who? \_\_\_\_\_

What? \_\_\_\_\_

When? \_\_\_\_\_

Where? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

- What does the verse tell you about yourself or people in general? \_\_\_\_\_

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- What does the verse tell you about Jesus? \_\_\_\_\_

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Step 5: PERSONALIZE the verse. How does it relate to what you are feeling or going through?

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Step 6: PRAY the verse into your life:

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