

Scripture. Pick a scripture reading. Take your time and actually copy it. Slowing down and writing it out is important.

Who is involved?
How would you explain these verses to another person?

Observe what is happening. What is happening?

Application.

Apply these verses to your life today. What is God saying to you?

How can you apply these verses to your daily life?

Prayer.

Write a prayer inspired by what you've read, observed, and applied.