

REFLECT AND RESPOND FORM

DATE:

PASSAGE:

PRAY

MEDITATE

RESPOND

MEMORIZE AND SHARE

REFLECT AND RESPOND—HOW TO

Reflect and Respond

Pray—for insight, for an open heart, for the Spirit to do His Work, for willingness!!

Meditate—we need to take time, energy, and effort in absorbing and internalizing truth. Ways:

- Visualize the story in your mind.
- Emphasize words in the passage. *I **can** do all things through Christ who strengthens me. I can **do** all... etc*
- Paraphrase the passage. Write it out in your own words.
- Personalize the passage. Insert “I, me” Ps 19
- *Your law revives my soul. Your testimony makes me wise. Etc.*
- Pick one verse, write it down, and write out your prayer back to God. Ps 23 “*thank you for being my shepherd...*”
- Meditation mapping—put verse in middle and circle, bracket, write things out around it—whatever comes to mind about the words/phrases.
- Journal out what it means to you and places in your life where it can be applied.

Respond—we need to do something in response to what we know and meditate on.

Always need to ask, “*Is there an area of my life where this truth is needed?*”

Use the acronym **SPECK**

S—is there a *sin* for me to avoid?

P—is there a *promise* from God for me to claim?

E—is there an *example* for me to follow?

C—is there a *command* for me to obey?

K—is there *knowledge* about God and Jesus to absorb?

Write out what you will do, be specific. I will...

Make sure it is specific. Use the acronym **SMART**

Is it **Specific** enough?

Is it **Measurable**? Can I track this?

Is it **Attainable**? A realistic goal?

Is it **Rewarding**? Is it relevant to what I need in my life to obey?

Is it **Time-bound**? How will I know when I have completed my application?

Memorize and share

What verse stands out that I need to memorize?

Who can I share this truth with?