



S.O.R.T. A Process of Meditation

Verse: _____

This process will help you slow down and think through the verse.

S

*Scripture Around
the Verse*

Write out your thoughts on the context. What is the author's point of the passage? What are the main themes that emerge?

O

Own Words

Write the verse in your own words. How can you capture the ideas and essence of the verse in your own words? Draw a picture, chart, or list.

R

*Related
References*

Look up cross-references. Where else in Scripture does it talk about the same ideas in the verse? How do these verses relate to the subject?

T

Think it Through

Write out how you will apply the verse. What can you do in your life right now to put into practice the principles from this verse?