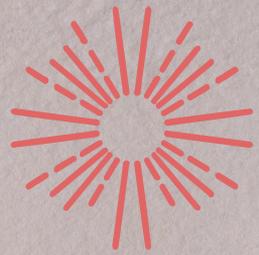




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...be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes] ..." Romans 12:2b





Set a Time

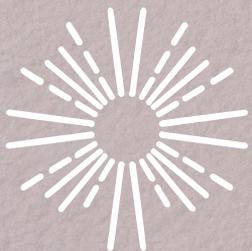
Purposely set aside time to spend with God.

It needs to be a time that you can consistently devote to being in the presence of the Lord.

When beginning out it does not have to be daily, it most important that your begin.

Once you begin you'll see the fruit from that time and want to spend more time with the Lord.





01
Read



Reading the Word

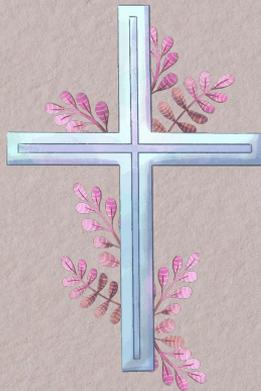


Pray before you Read

Invite God into your time
of reading His word.

Know why to read

The goal is to know God
and what He is saying to
you.



Question what your Read

Ask God what you want,
but know he may not
always answer you.

Discuss what is Read

God speaks to us, but he
also speaks through
people.





SOAPing a Verse



Scripture

Physically write out the
scripture

01

Application

Is there an action you
need to take?

03

Observation

What speaks to your
hear from the verse

02

Prayer

Pray God's word back to
him. Seek is guidance

04



Tip #1-Leave
your bible open
in a high traffic
area and when
you walk past
you could read a
verse or two



02 Speak



Prayer

- Prayer is defined as a dialogue between God and people
- Prayer to God is not so much the position of the body but the right attitude of the heart.
- There are many reasons as to why we should pray. Above all, is the fact that He commands us to pray.
 - The Bible says: Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:6-7



Different Prayer Postures



On Your
Knees

Ephesians 3:14



In Your
Bed

Psalm 4:4 (NKJV)



Out Loud

Psalm 34:6
(NKJV)



Silently

1 Samuel 1:13
(NKJV)



Prostrate

Matthew 26:39
(NKJV)



Standing

Mark 11:25
(NKJV)





Balance in Prayer

- There should be a balance in your prayers. Making petitions to God as well as praising and thanking God for who He is and all He's done.
- You don't have to be especially proper or try to be holy when you pray. You can pray through whatever emotions or feelings you have. It is ok to be angry, joyful or filled with grief.
- Don't forget that prayer includes listening. Don't forget to give God time to speak to you in his still small voice (1 Kings 19:12 NKJV).

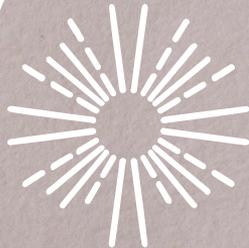


Tip #2-God
wants to hear
from you. Just
speak what's on
your heart.





03
Think



Meditating on the Word

- Meditating on the Scriptures is way more than just reading—it's saturating yourself with God's truth.
- Take a verse that you want to ponder, and write it on a post-it note or an index card. Stick it next to your bed, on your bathroom mirror, in your car, on your fridge, carry it in your pocket, or anywhere else where you'll see it multiple times. This way, you can be reminded to meditate on God's Word day and night.
- Verse mapping is one meditation exercises you can use. It's not only pondering the meaning of the verse, but also researching definitions of key words, the original Hebrew or Greek words, additional translations, and other resources that can increase your understanding
- The end goal, is to craft a personalized statement, almost like paraphrasing the verse and how you'll apply it to your life.

Journaling

- Many Christians find that journaling helps them stay on track during their devotional time. Journaling your thoughts and prayers will provide a valuable record for you to return to in the future. You'll be encouraged when you go back and note the progress you've made or see the evidence of answered prayers.
- The goal of journaling is to experience God's word in a new way as you spend time with the Lord.
- If journaling isn't right for you now, consider just jotting down notes or attempting it again in the future.



How to Verse Mapping

(1.) VERSE—Select and write your verse(s) to map.

(2.) DESIGN—Write your verse(s) in 2-4 different translations. Pick out key words or phrases that stand out.

(3.) DEVELOPMENT—Look up key words or phrases in Hebrew/Greek. Write down definitions, synonyms, and root words. Discover and note underlying meaning in verse(s).



(4.) ACTIONS—Research and document what tells the story in this verse(s) through the people, places, and context referenced. Draw connections to other concepts in Scripture.

(5.) OUTCOME—Document what you've learned in a 1-2 sentence summary of the mapping journey, making it the anchor to life application.

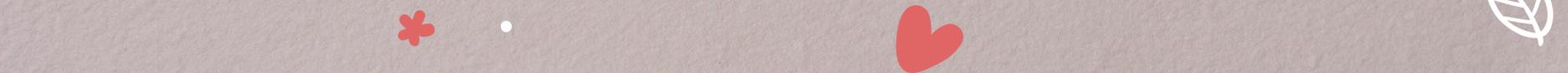


Image: Divine Creative Love

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Do = To bring to pass; to carry out.

Not = to make a group of words negative.

Anxious = experiencing worry, unease, or nervousness, typically about an imminent event or something with an uncertain outcome.

Anything = refers to a thing, no matter what.

Everything = all that exists.

But = except; apart from, other than.

Prayer = a solemn request for help or expression of thanks addressed to God or an object of worship.

Supplication = The action of asking or begging for something earnestly or humbly.

Thanksgiving = the expression of gratitude, especially to God.

Requests = an act of asking politely or formally for something.

KNOWN = recognized, familiar, or within the scope of knowledge.

God's love surrounds us always.

V6 you will lead these people to inherit the land, **the abundant life Jesus promised**

JOSHUA 1:9

Have I not **commanded you?**

Be **strong and courageous**. Do not be **afraid**, do not be **discouraged**, for the Lord your God will be with you wherever you go.

to direct authoritatively

COURAGE: mental or moral strength to venture, **persevere**, and **withstand** danger, fear, or difficulty (related to Latin "cor" = heart)

having moral or intellectual power, or great resources such as wealth or talent; ALSO magnifying by refracting greatly; ALSO zealous (fervent)

to deprive of **courage or confidence**; to hinder or dissuade from doing something

accompanied / present

* **Be filled with God's power and unlimited resources, zealous for Him, and reflecting His glory. Don't allow my courage to be taken away - remember God is present with me at all times, in every place and**

AMP version: dismayed (intimidated)

filled with fear, apprehension, concern or regret or dislike - (suspicion or fear of future evil)

Image: Sweet Blessings



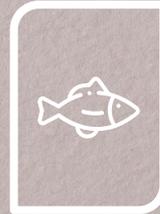
Think on these Things



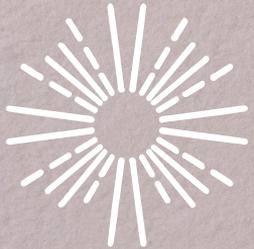
What things do you spend most of your time thinking about?

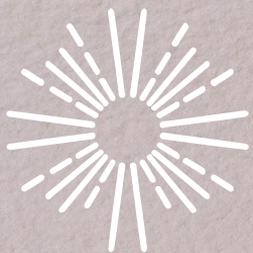


How might your life change if you spent more time thinking about God's word?

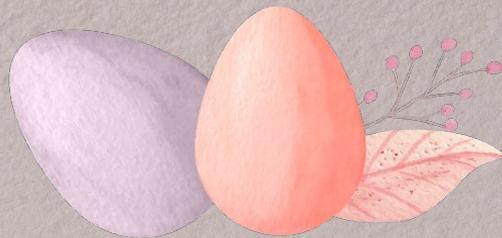


What is one passage of scripture you would like to begin meditating on?





What's your
favorite verse to
meditate on?

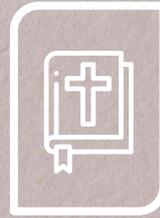


04 Apply





BEGIN YOUR TRANSFORMATION



DEVOTION

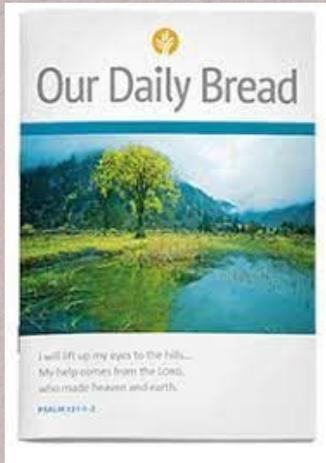
Studying the word of God and how you can apply it to your life.



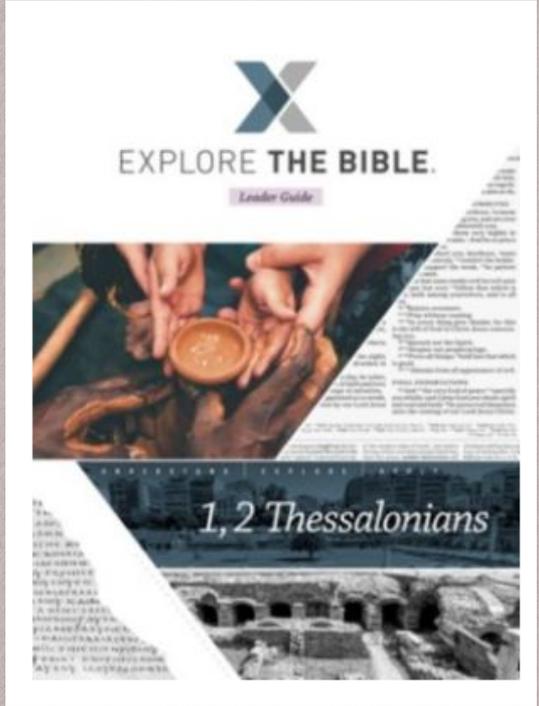
PRAYER

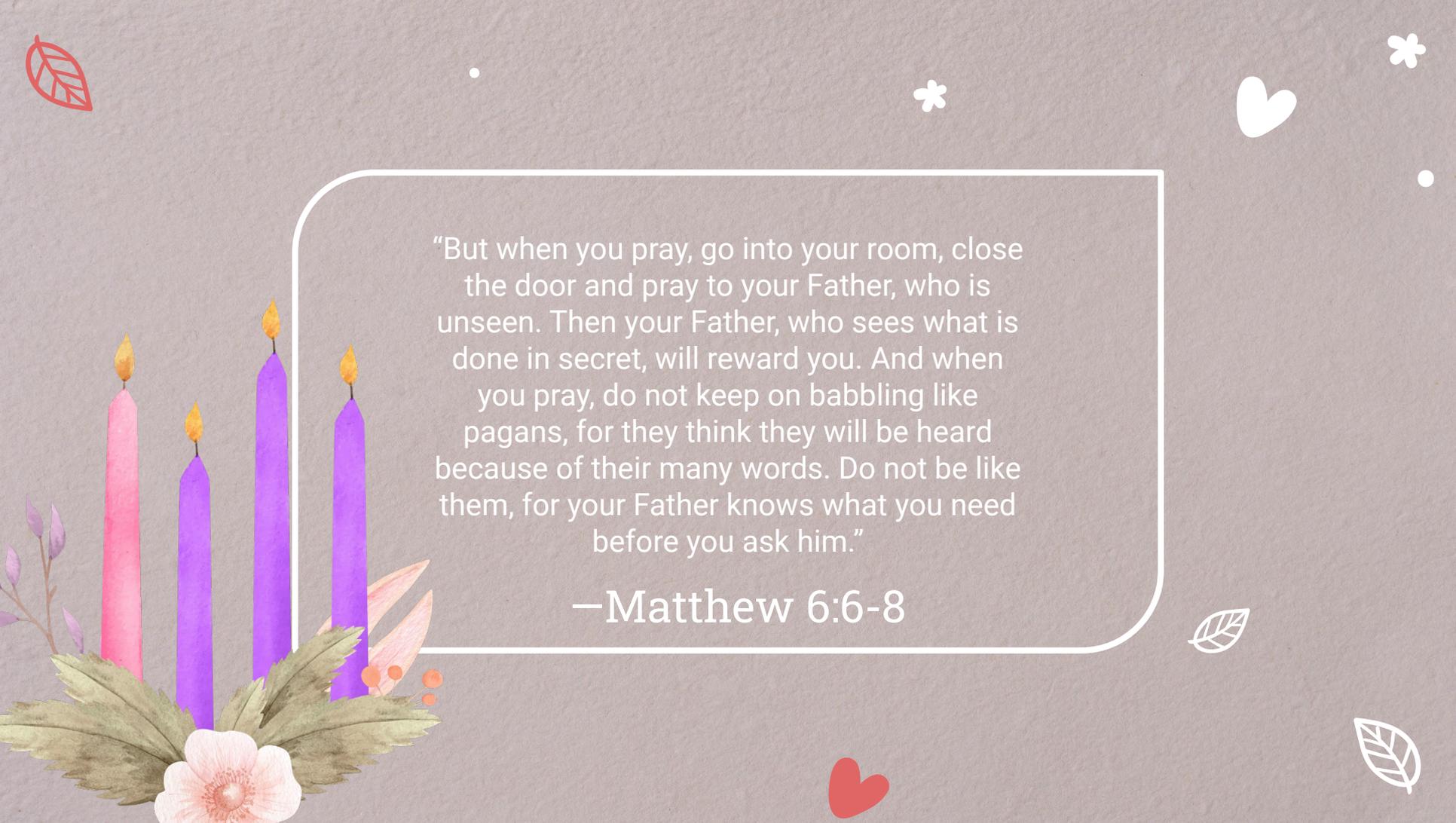
Dialogue between you and God. Sharing your heart and listening to his response.





Resources





“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.”

—Matthew 6:6-8





Thanks!

Do you have any questions?

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