

Meditation Techniques

1. Imagine the scene of the story
2. Emphasize different words in the passage
3. Paraphrase the passage
4. Personalize the passage
5. **PACE** your **STEPS** acronym. Are there any...

Promises to claim? Is it a universal promise? Have I met the condition(s)?

Attitudes to change? Am I willing to work on a negative attitude and begin building a positive one?

Commands to obey? Am I willing to do it no matter how I feel?

Example to follow? Is it a positive example for to copy or a negative one to avoid?

your

Sin to confess? Do I need to make any amends?

Truth to believe? What new things can I learn about God the Father, Jesus Christ, the Holy Spirit, or other Biblical teachings?

Error to Avoid? Is there any problem that I be alert to, or beware of?

Prayer to pray? Is there anything I need to pray back to God?

Something to praise God for? Is there something here I can be thankful for?

6. Pray the verse back to God

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