



MARK AND MEDITATE

- Read this chapter and mark your favorite 1-2 verses.
- After marking your verse, take time to meditate on the verse by choosing some of the following pondering activities:
 - **PICTURE:** Visualize the scene in your mind
 - **PRONOUNCE:** Say it aloud, emphasizing a different word
 - **PARAPHRASE:** Rewrite the verse in your own words
 - **PERSONALIZE:** Liken it: Find yourself in the scriptures
 - **PRAY:** Pray for help to understand the verses
 - **PROBE:** Ask questions about the verse
 - **PRINT:** Put a verse in a visible place like a fridge
 - **PEN:** Use a scripture journal & write down what you learn, think and feel as you study the scriptures
- When you're done, share your favorite 1-2 verses and share what you learned from meditating on it