

R W S S P

METHOD OF MEDITATIVE PRAYER

GOING DEEPER INTO A LIFE OF PRAYER



R-W-S-S-P

MEDITATION AND MEMORIZATION GO HAND IN HAND. IN ORDER TO STAND FIRM, WE MUST HIDE THE WORD OF GOD IN OUR HEARTS AS A TREASURE. WE LOVE THE R-W-S-S-P METHOD FOR MEDITATING ON INDIVIDUAL VERSES AND FOR MEMORIZING SCRIPTURE.

R-W-S-S-P

READ IT

- READ THROUGH THE SCRIPTURE YOU'VE CHOSEN MULTIPLE TIMES.

WRITE IT

- WRITE THE SCRIPTURE SEVERAL TIMES IN YOUR PRAYER JOURNAL

SAY IT

- SAY THE SCRIPTURE OVER AND OVER; EMPHASIZE DIFFERENT PARTS OF THE VERSES AS YOU SAY IT. MUCH OF SCRIPTURE IS POETIC IN FORM SO ENJOY THIS AS YOU EXPLORE THE WORD OF GOD.

SING IT

- SINGING THE SCRIPTURE ENHANCES OUR ABILITY TO MEMORIZE, BUT IT GETS "STUCK" IN OUR HEARTS AND MINDS THIS WAY! SINGING SCRIPTURE BACK TO GOD IS ALSO A BEAUTIFUL WAY TO WORSHIP HIM IN SPIRIT AND IN TRUTH.

PRAY IT

- TAKE PASSAGES FROM THE TEXT AND PRAY THEM BACK TO THE LORD AS YOU WALK OR SIT IN THE PRAYER ROOM-EVEN AS YOU GO ABOUT YOUR DAY

ASK THE LORD FOR REVELATION AS YOU GO THROUGH THESE STEPS. RECORD YOUR THOUGHTS AND EXPERIENCES IN A MEDITATION OR PRAYER JOURNAL FOR REFERENCE IN THE FUTURE AND FOR SHARING YOUR DISCOVERIES WITH OTHERS.