

Open your Bible to Psalm 5. Pray. Copy the Psalm below. Pay attention to each word. Underline, circle, or highlight words, phrases, or verses that stand out.

## MEDITATE

Pick one word, phrase, thought, or verse to meditate on throughout the day. Remember the context. Set 5 minutes aside to think and talk to the Lord on the selected text.



**PRAYER** What or who can you pray for from today's passage?

## FOOD FOR MEDITATION

**RESPONSIVE PRAYER** 

WHO IS ON MY HEART?

## WHAT CAN I PRAISE GOD FOR TODAY?