

## Open your Bible to Psalm 6. Pray. Copy the Psalm below. Pay attention to each word. Underline, circle, or highlight words, phrases, or verses that stand out.

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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?