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**MEDITATE**

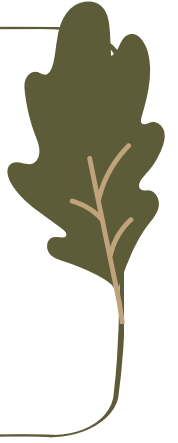
Pick one word, phrase, thought, or verse to meditate on throughout the day. Remember the context. Set 5 minutes aside to think and talk to the Lord on the selected text.

**PRAYER**

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



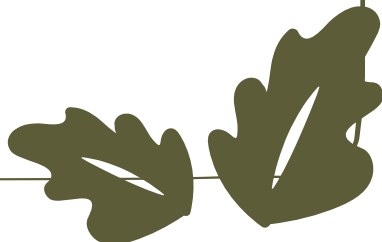
## FOOD FOR MEDITATION



## RESPONSIVE PRAYER



## WHO IS ON MY HEART?



## WHAT CAN I PRAISE GOD FOR TODAY?

- .....
- .....
- .....
- .....
- .....