

Embody

Embody is a tool for biblical meditation designed to help you interact with Scripture as a whole person and flesh out its story in your life.

Prepare

Grab a Bible and perhaps a journal. Take a deep breath and begin to process your thoughts and feelings.

What is on your mind and heart? Express this to God and ask him to help you experience his presence during this time. You might pray something like, *"Lord, at this moment I am feeling..."*

Read

Choose a passage of Scripture and read it slowly two or three times. If you are with others, have more than one person read it aloud so that the passage can be heard in multiple voices.

Reflect

Since we embody the story of Scripture through knowledge, formation, and action, follow the prompts on the back to contemplate how God invites you to **know**, **become**, and **do**.





First, meditate on what God invites you to **know** about himself from the passage.

What does the passage reveal about his character or actions? How does this knowledge deepen your love for him?



Second, meditate on who God invites you to **become** in light of the passage.

In what ways do you need to be formed spiritually, emotionally, and relationally to grow into such a person?



Third, meditate on what God invites you to **do** based on the passage.

What is one specific way that you can go act on the truth of the passage? How might you love others more faithfully through your action?

Respond

God has spoken in his Word. Conclude by speaking to him in response.

Praise:

"Father, thank you for revealing yourself. I learned or remembered that you are..."

Confess:

"Jesus, I have sinned against you. Form your character in me and free me of..."

Request:

"Spirit, you are my helper. Empower me to live on mission in your Story by..."