

# Invite God In

## Think About It

Meditating on the word of God can provide spiritual breakthroughs.

Is there something you need?

A character quality you would like to experience more of?

Find what speaks to you by using Google and searching scripture for what you're looking for. Here's an example: Bible verses for healing, scripture for healing, etc.

You can also ask for guidance in prayer and flip through a Bible to see where you land.

Once you find a piece of scripture that really speaks to you in some way, meditate on it.

You can do this by:

Repeating that scripture over and over or sitting in silence and thinking about the piece of scripture.

To maximize the power of your meditation, ask God to lead you to understanding before you meditate.

"Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night."

-Psalm 1:1-2 NIV (New International Version)

