Meditation for ‘…engage…’

**Proclaim:** read Romans 10:13-15 aloud, hear the Word “proclaimed.”

**Picture:** read the text again and picture yourself within it.

**Ponder:** after a third reading of the text, think about what these words might mean for you today/this week. What insight have you gained about yourself, God, your neighbour? What significance do you attach to your discoveries given your recent experiences, relationships, concerns?

**Practice:** following a final reading of the text, resolve to translate your experience in the meditation into action. What is God calling you to do with this insight today/this week? What action is required? What words need to be shared with others?

Meditation for ‘…connect…’

**Proclaim:** read 2 Corinthians 1:19-22 aloud, hear the Word “proclaimed.”

**Picture:** read the text again and picture yourself within it.

**Ponder:** after a third reading of the text, think about what these words might mean for you today/this week. How would you paraphrase the “business deal” of v22 into today’s terms? How have you experienced this spiritual “new deal”?

**Practice:** following a final reading of the text, resolve to translate your experience in the meditation into action. What is God calling you to do with this insight today/this week? What action is required? What words need to be shared with others?

Meditation for ‘…build…’

**Proclaim:** read Romans 12:9-13 aloud, hear the Word “proclaimed.”

**Picture:** read the text again and picture yourself within it.

**Ponder:** after a third reading of the text, think about what these words might mean for you today/this week. How does your dedication to God show in your relationships with others? Which of the commands are easier, which are more difficult? What insight have you gained about yourself, God, your neighbour? What significance do you attach to your discoveries given your recent experiences, relationships, concerns?

**Practice:** following a final reading of the text, resolve to translate your experience in the meditation into action. What is God calling you to do with this insight today/this week? What action is required? What words need to be shared with others?

Meditation for ‘…sustain…’

**Proclaim:** read Galatians 3:26-29 aloud, hear the Word “proclaimed.”

**Picture:** read the text again and picture yourself within it.

**Ponder:** after a third reading of the text, think about what these words might mean for you today/this week. How does ‘being clothed with Christ’ eliminate cultural barriers? What are some contemporary barriers between people in our culture? What do the images of being a ‘child of God’ and ‘clothed with Christ’ say to you about living a Christian life?

**Practice:** following a final reading of the text, resolve to translate your experience in the meditation into action. What is God calling you to do with this insight today/this week? What action is required? What words need to be shared with others?