



Wellbeing & Wholeness

Meditating on words that bring us peace

MEDITATION

CONNECT

1. Invite God into this space. Take three slow breaths and allow any distracting thoughts to move by.

CONTEMPLATE

2. Contemplate the infographic.
Notice if one word stands out to you.
3. Allow space to experience any feelings this may evoke.
4. Meditate on the Bible verse.

LISTEN

5. Ask God is there anything He wants to reveal to you?
Is He inviting you to consider or do something?

RESPOND

6. Respond to God with words, art, posture or music.
Take note of what has been revealed for safekeeping.

REST

7. Rest in this moment, allowing the meditation to saturate your whole being.