Soodeer of the start Marker Marker Starts 2:8 Soodeer of the start Marker Mar Marker Mar Marker Mark May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit. [ROM 15:13]

> ISAIAH 32:18 | JOHN 14:27 spoken of 179 times 26% PEACE

Research Stranger

MEDITATION

- 1. Invite God into this space.
- 2. Take three slow breaths and allow any distracting thoughts to move by.
- 3. Contemplate the infographic. Notice if one word stands out to you.
- 4. Allow space to experience any feelings this may evoke.

spoken of 145 times. (Words sea^r

21% **RES**

EXODUS 33:14 | MATTHEN 11:18:19

- 5. Ponder one or both Bible verses for that word.
- 6. Ask God is there anything He wants to reveal to you? Is He is inviting you to consider or do something?

4EALING

psALM 1A7:3

heal, healed & healing)

1 PETER 2:24

- 7. Respond to God with words, art, posture or music. Take note of what has been revealed for safekeeping.
- 8. Rest in this moment, allowing the meditation to saturate your whole being.

Wellbeing & Wholeness

Mar Manus and Mar

Meditating on words that bring us peace