

PSALMS

Daily Template for Meditation

READ

Read today's Psalms. As you go, take note of things that stand out to you (questions, themes, insights).

REFLECT

Focus on a verse, a section, or a theme. Write down some thoughts about the meaning of the verse(s) and how they connect to your life.

PRAY

Using these Psalms as a starting point, build on the themes in prayer. Praise God, confess sin, ask God for help, and pray for others. **Note:** Writing out a short prayer can help you slow down and focus your attention.