## **Scripture Study**

Open in prayer! Ask God to open up your eyes, heart, and mind to what he has to teach you through his Word today. Ask for wisdom in applying these verses to your life. Take a moment to slow down, take some deep breaths, and to listen to God!

Scripture: Copy key verse(s) and references	Observations about the text	Lessons based on observations	Actions: What do I need to do/ change? Hint: set α deadline!	Prayer