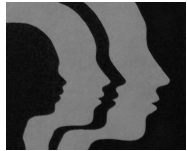


A THREE MONTH (SUGGESTED) SCRIPTURE SATURATION PLAN



Reflective Reading

WEEKS 1-2: Try to spend 10-20 minutes several days a week doing reflective reading to begin the process. Starting here gives the Spirit the opportunity to speak to your heart before you form ideas from study or other references. If you feel like you've fully mined the passage, then move on to meditation.



Meditation

WEEKS 3-4: Meditation will take you deeper into the things the Lord has begun to show you through reflective reading. Again, spend 10-20 minutes several days a week meditating on the passage, usually one verse at a time. Be sure to take plenty of time to look up cross-references, or to use your concordance to see where key words are found in other places in Scripture. At some point, add contemplation to your time of meditation.

WEEK 5: Contemplation naturally follows times of meditation once you feel ready to add it. If you've worked through the entire passage in meditation, then simply take some time to review your notes and enter into contemplation focused on specific things God showed you through your time in meditation.



Contemplation

WEEK 8: As you memorize the passage, certain phrases will become more significant to you. This week, take those phrases and ponder them, adding contemplation to your memory work.



Scripture Memory

WEEKS 6-7: By now the passage ought to be so familiar to you that memorizing it comes quite easily. Take the full two weeks to get it down. You can practice during your quiet time, but work on it throughout the day. Once it is committed to memory, spend some time speaking, singing, even acting it out, and then add contemplation.

WEEKS 9-11: Now is the time to really tear the passage apart and get at the pulsing heartbeat of God behind it. To do this thoroughly it can take a few weeks as you delve into word meanings, commentaries etc., and allow God to speak to you in response.



Scripture Study

WEEK 12: Putting it all together: Use this week (and any other extra days) to look back at all that God has shown you. Read through your journal and each day spend some time in contemplation, based upon things you have seen. Also, keep practicing your memory work so that when you begin on the next passage, you won't lose it!

REMEMBER:
These are only suggestions. The key is to do whatever works for you!