

Be Still
AND KNOW THAT
I Am **GOD**
Psalm 40:10

Meditating on Scripture:

To meditate on a passage of scripture first pick a time when you are not rushed. Pray that God will guide your thoughts. Then read the passage through carefully at least twice. Next, go back and look for affirmations of God's love and grace. Then think of how they apply to your life. Make notes on any key thoughts. Conclude by thanking God for his word.

Colossians 3:12-17

New International Version

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.