

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.

Philippians 2:5-11

New International Version

- ⁵ In your relationships with one another, have the same mindset as Christ Jesus:
- ⁶ Who, being in very nature God,
did not consider equality with God something to be used to his own advantage;
- ⁷ rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.
- ⁸ And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!
- ⁹ Therefore God exalted him to the highest place
and gave him the name that is above every name,
- ¹⁰ that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
- ¹¹ and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.