



God calls us to 'meditate' on His Word... and when we do, wondrous things take place in our hearts and minds. I know by experience that this is true, so I am super excited that you are choosing to join us in this study!

Anytime you start something new, it might seem a little awkward at first, so I wanted to give you some notes to help answer any questions you may have. The approach of 'MEDITATE' is very simple... each week there are 6 movements which will position you in a place of meditating on what God has spoken in His Word.

Even though simple, if after reading through these notes or watching the 'MEDITATE Getting Started Video' you still have questions, don't hesitate to reach out. We are here to help and cheer you on so that this experience will be a blessing!

*Sharon Thomas*

## YOU WILL NEED:

- A **Bible**... I recommend a hard copy instead of digital, and use the same hard copy as your main source.
- A **Notebook**... even a simple folder... just one place to keep your study notes together for each passage.
- A **Copy** of the 'MEDITATE' Declaration... we encourage you to print it and have it accessible so you can make this declaration each day before you relate with God through His Word.

## DYNAMICS:

### Communication

- **Email** ... as a subscriber to 'MEDITATE' our central communication with you will be via email.
- **Website**... you will also find resources posted on our website... <https://www.establishedfootsteps.com/>
- **YouTube**... we encourage you to subscribe to our YouTube channel, **Established Footsteps Ministry**, as weekly video messages will be posted there.
- **Social Media**... we encourage you to follow us on Instagram and Facebook at **Established Footsteps Ministry** as our posts will often be related to MEDITATE and will provide additional encouragement for your experience.

### Schedule

- On the **FIRST DAY OF EACH MONTH**, we will share the **THEME** for the month.
- Then, beginning Monday, January 4<sup>th</sup>, on **MONDAY** of each week, we will send out an email with the **WEEKLY PASSAGE**, as well as fresh approaches to the daily movements of:
  - **Mondays**... READING the passage
  - **Tuesdays**... COPYING the passage
  - **Wednesdays**... PONDERING the passage
  - **Thursdays**... PRAYING the passage
  - **Fridays**... LISTENING to the passage (we will post a brief video teaching each Friday for this)
  - **Saturdays**... SHARING the passage

\*Additional **ENCOURAGEMENTS** will be posted at various times on Instagram and Facebook so make sure to follow us!

**\*\*As you meditate on the passage,** we also encourage you to add additional meaningful movements as the Holy Spirit leads. Some suggestions would be:

- Memorizing part or all of the passage
- Artistically creating something from the passage based on something God has spoken to you
- Creating a worship playlist based on the theme or passage
- Creating a discussion group of others who are participating in MEDITATE

### **We begin January 4<sup>th</sup>, so until then...**

- Make sure you **Subscribe** to MEDITATE.
- **Gather** your supplies (Bible, Notebook or Folder/ Print Declaration) so you are ready to start.
- **Review** the 'Getting Started' Info Sheet and Video available at [www.establishedfootsteps.com/bibleministry](http://www.establishedfootsteps.com/bibleministry)
- Also **Subscribe** to us on **YouTube** and follow us on **Instagram** and **Facebook**.
- **Pray for a heart to love God's Word...** on our own none of us will, but He can change us and cause us to delight in His Word.
- **Invite others** to join in on MEDITATE too!

### **And, let me just encourage you in this...**

- **Don't stress and don't give up!** There will be some weeks that you will not get to do every movement... and some weeks that you do way more than what we suggest. The heart of 'MEDITATE' is that you will be giving continuous energy, time and affection into meditating on one passage of Scripture. As you do, over the week, God's Word will become a part of you, and over the month the Lord will speak to you about the theme through the various passages. Your experience won't be perfect, but it can be powerful as you keep showing up and positioning yourself before the Lord in His Word to meditate on what He has to say to you.
- **Anytime you have questions...** simply reach out to us. You can do that through the contact tab on our website or replying to the emails we send.
- **I will be meditating right along with you,** using the daily movements too, and I am excited about the experience!

### **Remember...**

**The Holy Spirit is your Teacher.** He is with you through every experience in your Bible. So, as you plan for joining in, ask Him for revelation, insights, eyes to see and more!