

## Keys to a Quality Devotional

1. Pray—Ask God to meet you in the Scripture (Ps 119:18)
2. Read—Read humbly with fresh eyes, without prejudice
3. Meditate—Read it again, consume it differently (*read out loud*)
4. Reflect—Record reflections in a journal
5. Memorize—Take a specific thought or verse with you throughout the day. Ponder it at breaks, lunch, driving, etc
6. Do—Do something with what you learned, look for opportunities to put it into practice.