

## A Meditation Prayer

*Lord, quiet my heart and still my soul as I wait on you during these moments. I recognize you as a holy and majestic God—one who deserves great praise and glory. All of creation testifies to your awesome and unique works. There is no one like you, no other god worthy of honor.*

*I want to focus on You, Lord, and to shut out all the distractions of the world. For these next few moments, it's just you and me, God. You are Spirit, but you are a God who knows us so intimately. I like to imagine you literally sitting here beside me, because of your promise that you are Emmanuel—always "with us."*

*As I think about the truths in your Word, may the meditation of my heart be sweet and honoring to you. I am not trying to clear my mind. I simply want you to empty me of self and fill me with your Holy Spirit.*

*I long for your presence, Lord. Narrow my thoughts to include only those things that are honorable, truthful, beautiful, pure, and praiseworthy. I ask for your wisdom to apply these truths to my life morning, noon, and night—literally all through the day. For you are worthy to be praised all the time.*

*I remember your great faithfulness in the past and am so grateful that you shower fresh mercy and grace on me each morning. I rehearse your goodness through answered prayer and personal reminders to me daily of your love for me. Even when I feel alone or distant from you, you draw me back into your presence when I purposely slow down and draw close to you. I treasure your Word and want to chew on the truths you reveal to me today. As I pull apart each piece and reflect on every principle and word of instruction, I'm asking you to guide me and teach me what you want me to know.*

*Is there a promise here for me to remember? Is there an action I need to take or a sin to forsake? Is there more for me to understand about your character? Help me personalize your message to my heart today. Your Word is powerful. I celebrate the strength and wisdom you will give me as I learn to honor and glorify you more.*

*I need you and love you, Lord. And I ask you to speak through your Word and in these quiet moments together. Whisper or shout into my spirit, whichever you want, and whatever I need the most. But most of all, just receive my praise as I focus my thoughts only on you. I'm listening and anticipating as I read and meditate on your beautiful Word.*

*I make this prayer in Jesus' name, Amen.*