

A 7-day Bible meditation plan for slowing down with one passage at a time

Ten low-ink pages: a rhythm page, seven dated practice pages with ruled reflection space, and a closing review.

INSIDE THIS PDF

- Seven dated practice pages, one passage each
- Notice, pray, and carry rails on every page
- Ruled space for handwritten reflection
- A closing review that asks what returned

How the seven-day plan works

The plan follows the same five movements each day: read, notice, ponder, pray, and carry. Read the passage slowly enough to hear its shape. Notice a word, image, promise, or tension without trying to manufacture a dramatic insight. Ponder what the passage reveals about God and what it touches in your present life. Pray a truthful response. Finally, choose a short phrase or action to carry into the day.

Repetition is intentional. A familiar rhythm removes the pressure to invent a new devotional method every morning. The passages change, but the posture stays steady: Scripture leads, attention listens, prayer responds, and daily life becomes the place where the reading is practiced.

- Read the passage twice, aloud when possible.
- Notice before analyzing; give the text time to meet you.
- Pray what is true rather than what sounds impressive.
- Carry one phrase or one small act of obedience.

Choose five, ten, or twenty minutes. Consistency matters more than duration.

Be still

NOTICE

What changes when you remember who God is?

PRAY

Name what you are gripping and ask for grace to release it.

YOUR ENTRY

PRINT AND WRITE

CARRY

“Be still, and know.”

NOTICE

PRAY

YOUR ENTRY

PRINT AND WRITE

CARRY

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NOTICE

PRAY

YOUR ENTRY

PRINT AND WRITE

CARRY

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Abide

NOTICE

Where have you confused strain with fruitfulness?

PRAY

Ask Jesus to teach you to remain.

YOUR ENTRY

PRINT AND WRITE

CARRY

“Remain in me.”

Receive rest

NOTICE

What burden are you carrying as if it cannot be shared?

PRAY

Tell Jesus the weight without minimizing it.

YOUR ENTRY

PRINT AND WRITE

CARRY

“Gentle and humble.”

Renew the mind

NOTICE

What repeated pattern is shaping your reactions?

PRAY

Ask for one renewed way of seeing today.

YOUR ENTRY

PRINT AND WRITE

CARRY

“Be transformed.”

Practice peace

NOTICE

What is true and worthy of sustained attention?

PRAY

Bring one concern and one gratitude before God.

YOUR ENTRY

PRINT AND WRITE

CARRY

“Think on these things.”

Notice the quiet fruit

Review is not a scorecard. It helps you recognize fruit that is quieter than a spiritual high: a softer answer, a remembered promise, a moment of restraint, or the decision to pray before reacting. Mark one passage to revisit next week rather than rushing to collect seven new ones.

Which passage returned to you during the day?

Where did one phrase change a small response?

Which passage will you revisit next week?
