

# Listening 101

**1) Read, or listen to, Psalm 46 each morning this week.**

**Ideas to enhance your reading:**

-Read it aloud to yourself, or record yourself reading it aloud and then listen to your recording each day.

-Find different translations and read it in a different translation each day.

-Can you find a musical version of the Psalm? If you can, listen to that song after reading.

-Outline the Psalm. Is there a clear structure in the outline you missed on reading it?

**2) Spend time in silence and stillness thinking about the Psalm after you read, listen to it, or practice one of the other ideas above. Ask the Spirit to guide your meditation on the Psalm.**

**3) After thinking about the Psalm, write down any thoughts so you can more easily clear your mind of distracting thoughts. Then sit in silence just listening to what God might want to tell you about His word each morning.**

**4) At the end of the week, take all your thoughts and meditations and re-write the Psalm in your own words on the back of this piece of paper or in a journal.**