

EXCHANGING WORDS AS PRAISES

Sit or lie down in a very quiet place, where you're sure not to be distracted.

Think of a word or an object in your surroundings. Next, use that word or object in an expression of praise to Jesus. (Another idea is you can pick up a book or the Bible and crack it open to find a word for your praise.)

"The top of a snowy mountain peak"



Once you've used that word to express your praise to Jesus, take a moment to listen to Jesus, using that word as He tells you something that He appreciates and loves about you. If you are doing this with another person, you can go back and forth using a variety of words!

Try this exercise the next time you begin your time studying the Word, and see if it won't aid you in focusing on Jesus and helping you absorb more from what you read.

