

Repeating or writing a small verse of scripture can help focus your mind on God. Use the familiar and powerful scripture Psalm 45:10 NRSV: "BE still and know that I am God." In your journal, write each of the following phrases slowly and prayerfully: "BE still and know that I am God...BE still and know that I am...BE still and know...BE still...BE..."



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Now write the scripture in reverse order: "BE...BE still...BE still and know...BE still and know that I am...BE still and know that I am God. Amen."

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How might using this focus practice be helpful in your life?

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