

Scripture

I have not been made perfect, but I press on to lay hold of that for which Christ Jesus also laid hold of me. I do not consider myself yet to have attained it, but one thing I do: forgetting what is behind and stretching forward to what is ahead, I press on toward the goal to win the prize of the upward call of God in Christ Jesus.
(Philippians 3:12-14)

Reading

Slowly read the Scripture passage several times.

Meditation

Take some time to reflect on the words and phrases in the text. Which words, phrases or images speak most to you?

Prayer

Offer the internalized passage back to God in the form of a personalized prayer of adoration, confession, renewal, petition, intercession, affirmation or thanksgiving.

Contemplation

What word or image captures the spirit of the passage for you?

Take a few minutes to present yourself before God in silence and yieldedness. When your mind wanders, center yourself by returning to the spirit of the passage.