

## 30 Short Meditations

Use the 6 Steps for Bible Meditation to reflect on these scriptures. You can find the 6 steps in the *Bible Meditation & Mindfulness Journal*. Visit [BibleMeditation.com](http://BibleMeditation.com) for more resources.

### God:

1 John 4:7-8 (Part 1)  
1 John 4:9-10 (Part 2)  
1 John 4:11-12 (Part 3)  
1 John 4:16  
John 17:3  
Lamentations 3:22-23  
Proverbs 19:17  
Psalm 103:11-12(P1)  
Psalm 103:13-14(P2)  
1 Corinthians 2:9

### Jesus:

Acts 4:12  
John 10:9-10  
John 11:25-26  
John 4:13-14  
Matthew 12:48-50

### Faith:

1 Timothy 6:11-12  
Hebrews 11:6  
Jeremiah 17:7-8

### Opportunity:

Galatians 6:9-10  
Ephesians 5:15-16  
Colossians 4:5-6

### God's word:

2 Timothy 3:16-17  
Isaiah 40:8  
John 14:23-24

### Love:

John 15:12-13  
Luke 10:27  
Luke 6:27-28  
Proverbs 3:3

### Prayer:

James 5:16  
Matthew 6:6



Matthew 6:25 Therefore I tell you, do not worry about your life.

