

Biblical Meditation Description:

Behold God and Live It Out is a simple, five-step way to deepen your connection with God by looking at what He does, listening to what He says, learning who He is, loving Him in response, and living out His truth daily. This practice works beautifully with Scripture to meditate on it, helping you uncover God's character and heart in every passage. But it's also powerful when applied to real-life moments—when you reflect on a situation or challenge where you sensed God stepping in. By engaging both Bible and life, you train your heart to see God's presence and guidance all around you, inspiring a faith that's alive, personal, and transformative.

Behold God and Live it Out (5 L's)

Beholding God to Become Like Him: See Him. Know Him. Live Like Him.

DIRECTIONS: Choose a Scripture story or a real-life moment where you sensed God's presence, and meditate on it to discover His character and heart.

LOOK - See what God/Jesus does

- *Name the context, emotion and desire present before God/Jesus steps in.*
- *How does He step in? What does He do?*

LISTEN - Hear what God/Jesus says

- *What exact words, promises, commands, or warnings does He speak?*
- *What tone or heart do you sense in His words?*

LEARN - Notice what this reveals about who He is

- *What does this show about His character or attributes?*
- *What does this reveal about His priorities, ways, or values?*

LOVE - Let the truth stir your heart to worship, gratitude, trust, or repentance

- *How does this truth speak into your life right now and draw your heart toward God?*
- *What Spirit-shaped desire or response does that stir in your relationship with Him?*

LIVE - Walk in this truth today by choosing one way to think, act, or live it out

- *What specific step of obedience, trust, or change will you take?*
- *Write a short prayer or declaration of commitment.*

Inviting Opener:

In the context of introducing it to individuals and groups you could say something like this:

"Today, we're going to learn a simple way to see God more clearly—in His Word and in our everyday lives. This practice helps us notice how God shows up, what He says, who He really is, and how we can live out His truth with our whole heart. Let's open our eyes and hearts together to behold God and live it out."