Select - Write out the verse (or part of a verse) you selected.	Select - Write out the verse (or part of a verse) you selected.
Investigate - What do you find in this verse?	Investigate - What do you find in this verse?
Meditate - What image comes to mind from the passage?	Meditate - What image comes to mind from the passage?
Phrase - What is the main theme or statement?	Phrase - What is the main theme or statement?
List - Actions you can take because of what you read	List - Actions you can take because of what you read
Express - Write out your prayer to God.	Express - Write out your prayer to God.