

Slow Down & See

A guided Bible meditation journal.

PARENT GUIDE: Select one card and slowly read its Scripture in context.

1. READ

Which passage did you read?

2. NOTICE

What stood out to you? Any repeating ideas or words? Any weird details? Anything you didn't understand?

3. UNDERSTAND

What does this teach us about God?

4. RESPOND

What will you remember or do?
