



Let me confess to you: it is not in my nature to take things slow. Growing up my mom would constantly be saying, “Sarah, slow down.” It didn’t matter if I was washing dishes, folding clothes, or practicing piano. I would rush, rush, rush! As an adult I’ve struggled with this as well. It is almost like I feel like 24 hours in a day just isn’t enough. My to-do list is too long and I want to get it all done. I mean ALL OF IT!

Children have helped me slow down a little, but the best thing I’ve ever done to teach me to slow down has been learning to write out God’s word. You might be thinking, “Do you have to learn to write out God’s word?” Yes! If you too struggle with hurrying through life, slowing down to write God’s word is an art that needs to be taught. So I want to help you this month learn the benefits of writing out God’s word. First, make sure you have a good journal (Link “journal” to last week’s post).

Why would you write God’s word? We slow down and find three benefits in writing God’s Word.

1. Maintains Deeper Meditation - Psalm 1:2 says, “But his (the person who trusts God) delight is in the law of the Lord, and on his law he meditates day and night.” We are commanded, encouraged, and inspired to meditate on God’s word everyday. Writing out the verses helps with this! Meditate means to think deeply about something. Meditate on God’s Word!

2. Allows for Deeper Application - Psalm 14:2 says, “The Lord looks down from heaven on the children of man, to see if there are any who understand, who seek after God.” God is looking for those who would seek to understand Him deeper! When we meditate, slow down, and focus on a few verses at a time we allow God to expand our understanding and this helps apply it to our life.



3. Inspires Deeper Intimacy - Psalm 73:28 says, “But for me it is good to be near God; I have made the Lord God my refuge.” Intimacy simply means to be closely connected with someone. As we meditate and better understand God’s Word we will get to know Him better - fostering better intimacy. Writing out God’s word helps us with this!

So friend, go DEEP with mediation and write out God’s Word today! Don’t settle for the shallow water of just breezing through the Bible reading. Get a journal and write out God’s Word for yourself. If you would like, you can check out EARLY, my brand new journal: Write the Word Journal (<https://sarahefrazer.com/product/write-the-word/>) . It is on sale right now, so check it out!

Do you need help focusing while reading the Bible?

If so, this Write the Word Journal is a great way to stay in tune with God’s word. When you use the Write the Word journal you will have space each day to write out the one-two verses provided. Go deeper as you slow down and write out God’s Word. AND the Write the Word journal (<https://sarahefrazer.com/product/write-the-word/>) includes plenty of space to be creative, no matter how small or large you like to write. The flexible download can be printed in two sizes. You can print the smaller version, which can be folded and placed in your Bible. The second version is a 8x11.5 sized. Print this version and then either get it bound or put it in a binder to keep it safe.