

The Pour Out:

Begin with a prayer for clarity. Write out your prayer needs, in addition to all the random thoughts that are cluttering your mind.

The Verse: Write out the entire verse, or a portion you'd like to focus on.

The Fill:

- 1) What word or phrase from the verse above popped out at you?
- 2) What could this word or phrase be speaking to in your life? (What situation, relationship, struggle or decision?)
- 3) Any notes from **The Steam** section of **Today's Fill Bible Study**.

Blessings:

Affirmations:
