

WRAP Bookmark & Template

WRAP* is an acronym & method for reading, praying and reflecting on Holy Scripture with journaling. The goal of WRAP is to foster a personal encounter with Jesus Christ so that the words come alive and you hear God speak to YOUR HEART. WRAP is based on the principles of **Lectio Divina**—reading to hear God, Meditating on His Words, and praying Scripture.

Your Scripture Reading (where my heart rests):

Write (Allow a verse, phrase, or single word to capture your attention and write it out here):

Reflect/Meditate (Mull Over, Mentally Picture, & Mutter the same verse) & record your thoughts here):

Apply (Write down your response to what God is speaking to you—include a practical application):

Pray & Praise (Pour out your heart to Jesus, related to what the verse opened in your thoughts. Record your prayer and praise here):

Rest in His Presence & Receive His Love, Joy and Strength.

From: *WRAP Yourself in Scripture by K. Dwyer & L. Dwyer, IPF Publications, 2011, 2018.

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WRAP Yourself in Joy Podcast #4

Prayer Stages Survey*

To help self- assess your daily prayer life and your stages of prayers, please circle the rating that best corresponds with your answers. Note: You can move toward Prayer Stages #3 & #4 by practicing WRAP.

Prayer Stage Scale

Never 1-2, Rarely 3-4, Occasionally 5-6, Frequently, 7-8 Almost Always 9-10

- ___ **1. I talk at God daily.**
- ___ **2. I talk to God daily.**
- ___ **3. I listen to God speak to my heart through reading & praying Scripture daily.**
- ___ **4. I rest in God's presence, enjoy His company and receive His love daily.**

My Lowest Score _____

My Highest Score _____

My New Prayer Goal _____

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