

WRAP Bookmark & Template

WRAP* is an acronym & method for reading, praying, and reflecting on 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 Word, and praying Scripture.

Choose the Scripture Reading ~ where your 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, dialogue & record your thoughts here:

Apply Write down your response to God and what He 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**© 2025, 2011, 2008, 2005, by Karen Dwyer & Lawrence Dwyer, KLD Books, Inc., new Fourth Edition, Available in Bookstores & on Amazon.

WRAP Yourself in Scripture 14 Days of WRAP

Choose one of these Scripture passages for each day.

1. God Heals and Forgives You ~ **Psalms 103: 1-5 & 11-13.**
2. The Lord Offers You a Path to Blessing & Happiness ~ **Psalms 1: 1-7.**
3. Jesus Invites You To Come ~ **Matthew 11: 25-30.**
4. You Are Precious...I Love You ~ **Isaiah 43: 1-7.**
5. I Know The Plans I Have For You ~ **Jeremiah 29: 11- 14.**
6. Ask and You Will Receive ~ **John 16: 23-33.**
7. Jesus: "What do you want me to do?" ~ **Mark 10: 46-52.**
8. Create in Me a Pure Heart ~ O God: **Psalms 51: 1-19.**
9. The Son of Man Came to Seek and Save ~ **Luke 19: 1-10.**
10. Take Courage, Don't Be Afraid ~ **Matthew 14: 22-33.**
11. This is My Beloved Son, Listen to Him ~ **Matthew 17: 1-13.**
12. Don't Be Afraid, Just Believe ~ **Mark 5: 24-43.**
13. God Gives You His Greatest Gift ~ **Luke 19: 1-10.**
14. Jesus Chose You and Offers You Joy ~ **John 15: 1-11.**

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Karen Dwyer, 2025