

HOW TO USE

"STOP & POP"

Method for Foundations Devotionals

"Stop and Pop" is a simple way to make the most of your time in God's Word:

- 1.) Pray for God to speak to you through his Word
- 2.) Read the paragraph under the assigned reading for context, and start reading the assigned chapters in your Bible.
- 3.) **STOP** reading when something **POPS** out to you. Pay attention to the word or thought that **POPS** out to you and what's happening in your heart.
- 4.) Talk to God or write to God about what pops out to you in your journal and what happens in your heart.
- 5.) Repeat until you finish the day's passage.