

# Digging Deeper with the SSR Prayer

“Be still and know that I am God.” Psalm 46:10 (NIV)

In school, we call “SSR” sustained silent reading. I have had two perspectives on this independent reading strategy over the course of my life; one as a student and the other as a teacher. Both experiences have led to frustration and gratification.

**Frustration:** Being still is hard at any age. Reading takes time to comprehend and connect.

**Gratification:** I’ve learned that it is in this purposeful quiet time that we grow as learners. It is how I’ve grown as a reader and as a child of God.

So, I’m going to ask you to go back to your “SSR” days and “be still” for 15-20 minutes. Take time to read, write and apply God’s Holy Word to your life.

Won’t you be still and know He is God?

**S**cripture: Read, write, meditate

**S**tudy: When you study your life, what do you see? What observations can you make?  
What is God speaking into your life as you read, write and meditate on this scripture?

**R**elevance: How is His truth relative to your life? Do you see any importance, significance or practical application?

Dear Lord, after spending time with You today, please help me apply your truth. Hear my prayer:

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