



# COMMISSIONED

## PARTICIPANT GUIDE: WEEK 3

### Before Group Time:

Make sure you've watched:

- Meditating/ Memorizing Podcast
  - Guided Activity Podcast
  - Reading Plan for Week 3
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### Additional Resources:

1. Pastor Heather says, "Memorizing is about the process itself of absorbing the Word of God creating space for the Holy Spirit to engage us, shape us, and bless us." Choose at least 1 other person you can memorize a small section of Scripture with to start and memorize it for one week.
2. Grab a sticky note, a note pad, etc. and start writing out Scripture to memorize or put a verse in plain sight so you can begin to meditate on it day and night.