

SCRIPTURES FOR THE PATH OF LIFE

THE PATH OF THE JUST IS
LIKE THE SHINING SUN, _
SHINING EVER BRIGHTER 'TIL THE
PERFECT DAY HAS COME. (THE)

PROVERBS 4:18

HER WAYS ARE WAYS OF
PLEASANTNESS AND
ALL HER PATHS ARE
PATHS OF PEACE. (HER)

PROVERBS 3:17

SHOW ME YOUR WAY THAT
I MAY KNOW YOU;
THAT I MAY FIND FAVOR
IN YOUR SIGHT. _

EXODUS 33:13

YOU HAVE SHOWN ME
THE PATH OF LIFE; _
IN YOUR PRESENCE
I FIND JOY. _

PSALM 16:11

This written version will help to review and refine memory retention. The underlined letter (or letters) gets the beat. Part of the effectiveness of Anchor Points is that you always say it (mentally rehearse it) the same way. The metered beat helps with that. Using the prerecorded Scripture Tracks, you will soon be able to call these verses up any time without the aid of the recorded version. Because each verse is set to a beat they are easily adapted to the natural rhythms of life. A ticking clock, the cadence of your own steps heading into the grocery store, and even a visual aid like a blinking light can be used to keep you 'in step'. As you learn to capture those natural occurring rhythms as your metronome, you will find the word to be a frequent and helpful companion throughout your day. May the Word always be your anchor.

IF USING AS A MEDITATION:

INHALE LINES 1 & 3

EXHALE LINES 2 & 4

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