

## WRAP Template

Date:  Scripture Reading:
<b>Write</b> (Write down the key verse or verses)
<b>Reflect</b> (Reflect on the rule, principle or idea and record what God speaks to your mind and heart)
<b>Apply</b> (Write out how you can apply the message beginning today)
<b>Pray</b> (Praise the Lord, Pray the verse, make it your own; talk with Jesus; Ask for His grace and help to live out His Word; Pause and rest in His presence and receive His grace)