

PRIMA FOR YOUNG CHILDREN

Choose a time when you can be quiet to read the Bible. Sit in a comfortable position and relax. Try to shut out all the sights and sounds around you.

- **Pray:** Begin with a short prayer that will bring you closer to God such as "Come Lord Jesus" or "Come Holy Spirit."
- **Read:** Read quietly from the Bible.
- **Imagine:** Close your eyes and imagine being part of the story you just read. Imagine that you are there.
- **Meditate:** Think about what you have just read. What is God saying to you? What does this reading mean to you?
- **Apply:** Apply what you have read to your life. Remember to carry God's word with you today.

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Having an effective strategy for reading the Bible can make the difference between giving up and staying on course. We call one such method the PRIMA process. *Prima* is the Latin word for "first." In the PRIMA process, each letter of the word stands for a step in studying the Bible, either individually or with a group:

- **Pray.** Begin with a prayer that your time with the Bible will draw you closer to God.
- **Read** attentively, trying to hear the words as if for the first time. Reading the passage aloud, even if you are alone, can help with this.
- **Imagine** being part of the story you just read. What would you feel, how would you react? Do you know anything about the background of the story that can help you understand what the author is trying to get across?
- **Meditate** on what you have read. How does the message of the story fit in with the rest of the Bible's teaching? With the Church's teaching? What do you think God is teaching you?
- **Apply** what you have read to your life. God may be calling you to make a change in your life. Or you may find encouragement that you need during a difficult time. Carry God's word into the rest of your day!