

### **How we practice Verse Immersion:**

Find one or many ways of keeping Ephesians 1:13 visually before you and physically with you. You might print this verse out and carry it in your wallet or purse. Or you may write it out and tape it to your bathroom mirror or place it on your desk. Find one or more ways that you will encounter this scripture daily and when you see it pause to slowly read it and be reminded of whose you are. Eventually you may even find that you have the verse memorized and you carry it with you everywhere you go. This is a simple but meaningful practice that can be used with other verses as well. Choose a verse you want to keep with you and begin letting it seep into your daily existence.

### **Ephesians 1:13**

**And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit.**