

## PAUSE

Quiet yourself  
🕒 1 minute

- Find your place
- Become aware of Him

## REJOICE

Praise and thank God  
🕒 2 minutes

- Speak out praise
- Write out as prayer something you are thankful for ✍️

## ASK

Conversation with God  
🕒 10 minutes

- Talk with Him about your day
- Read daily Bible passage
  - What is the Holy Spirit speaking to you? ✍️ (*Listening Prayer, SMORP*)
- Intercession - My Prayers

## YIELD

Surrender to God  
🕒 2 minutes

- Invite the Holy Spirit to fill you
- Confess sin - clean heart



To end, pray the Lord's Prayer out loud

*Our Father in heaven, hallowed be your name.  
Your Kingdom come, your will be done, on earth  
as it is in heaven. Give us this day our daily  
bread, and forgive us our debts, as we also have  
forgiven our debtors. And lead us not into  
temptation, but deliver us from evil. For yours is  
the kingdom and the power and the glory,  
forever. Amen. (Matthew 6:9-13)*

# READINGS

<b>Date</b>	<b>Readings</b>	
Feb 1	Matthew 21:28-32	Exodus 14:10-31
Feb 2	Psalms 15:1-5	Exodus 17:1-7
Feb 3	Matthew 22:34-40	Exodus 17:8-16
Feb 4	Psalms 16:1-11	Exodus 20:1-21
Feb 5	Matthew 24:3-14	Proverbs 7:21-27
Feb 6	Psalms 17:1-7	Exodus 24:1-18
Feb 7	Matthew 25:14-30	Exodus 25:10-22
Feb 8	Psalms 18:1-6	Proverbs 8:12-13
Feb 9	Matthew 26:36-46	Exodus 29:38-46
Feb 10	Psalms 18:16-24	Exodus 31:1-18
Feb 11	Matthew 26:69-75	Exodus 33:7-23
Feb 12	Psalms 18:46-50	Exodus 34:1-10
Feb 13	Matthew 27:45-61	Exodus 35:4-29
Feb 14	Psalms 19:7-14	Matthew 28:1-20
Feb 15	1 Corinth. 1:10-17	Exodus 40:1-15
Feb 16	Psalms 20:1-9	Leviticus 1:1-9
Feb 17	1 Corinth. 2:6-16	Leviticus 4:22-31
Feb 18	Psalms 21:1-13	Proverbs 10:3-4
Feb 19	1 Corinth. 4:1-13	Leviticus 8:1-13
Feb 20	Psalms 22:1-11	Leviticus 10:1-11
Feb 21	1 Corinth. 6:12-20	Proverbs 10:8-9
Feb 22	Psalms 22:25-31	Proverbs 10:10
Feb 23	1 Corinth. 7:1-16	Proverbs 10:11-12
Feb 24	Psalms 23:1-6	Leviticus 16:1-10
Feb 25	1 Corinth. 9:19-27	Proverbs 10:15-16
Feb 26	Psalms 24:1-10	Leviticus 19:1-18
Feb 27	1 Corinth. 10:23-33	Leviticus 20:22-26
Feb 28	Psalms 25:1-10	Leviticus 22:17-25

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Find more resources,  
future readings, and  
prayerful playlists  
online by scanning  
this QR code

