

PAUSE Quiet yourself
🕒 1 minute

- Become aware of Him

REJOICE Praise and thank God
🕒 1 minute

- Write out as prayer something you are thankful for 📖

ASK Conversation with God
🕒 7 minutes

- Talk with Him about your day
- Read daily Bible passage
 - Write out what the Holy Spirit says to you? 📖 (Listening Prayer, SMORP)
- Intercession - My Prayers

YIELD Surrender to God
🕒 1 minute

- 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

Date	Readings
February 1	Exodus 14:30-31
February 2	Psalms 15:1-2
February 3	Matthew 22:36-37
February 4	Psalms 16:7-8
February 5	Matthew 24:3-5
February 6	Psalms 18:2-3
February 7	Matthew 25:21
February 8	Proverbs 8:13
February 9	Matthew 26:41
February 10	Psalms 18:16-17
February 11	Matthew 26:75
February 12	Psalms 18:46-48
February 13	Matthew 27:50-51
February 14	Matthew 28:18-20
February 15	1 Corinthians 1:10
February 16	Psalms 20:6-7
February 17	1 Corinthians 2:9
February 18	Proverbs 10:3-4
February 19	1 Corinthians 4:5
February 20	Psalms 22:10-11
February 21	Proverbs 10:8-9
February 22	Psalms 22:27-28
February 23	Proverbs 10:11-12
February 24	Psalms 23:4
February 25	Proverbs 10:16
February 26	Psalms 24:3-4
February 27	1 Corinthians 10:31-32
February 28	Psalms 25:4-5

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

