

time with

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

Date	Readings	
Jan 1	Psalm 1:1-6	Genesis 1:26-2:3
Jan 2	Genesis 3:1-13	Matthew 3:1-10
Jan 3	Genesis 6:10-22	Matthew 4:1-11
Jan 4	Psalm 2:1-6	Genesis 9:8-17
Jan 5	Psalm 3:1-8	Genesis 12:1-9
Jan 6	Genesis 15:1-6	Matthew 5:38-48
Jan 7	Psalm 4:1-8	Genesis 17:1-14
Jan 8	Genesis 18:16-33	Matthew 6:25-34
Jan 9	Psalm 5:1-8	Genesis 22:1-14
Jan 10	Genesis 24:1-21	Matthew 8: 18-27
Jan 11	Psalm 6:1-10	Genesis 25:19-34
Jan 12	Genesis 27:1-25	Matthew 9:1-8
Jan 13	Psalm 7:1-7	Genesis 28:10-22
Jan 14	Genesis 31:1-16	Matthew 10:5-15
Jan 15	Psalm 8:1-9	Genesis 32:1-12
Jan 16	Genesis 32:22-32	Matthew 11:25-30
Jan 17	Psalm 9:1-8	Genesis 35:1-15
Jan 18	Genesis 37:12-28	Matthew 12:33-37
Jan 19	Psalm 9:15-20	Genesis 39:1-23
Jan 20	Genesis 42:1-17	Matthew 13:24-33
Jan 21	Psalm 10:1-11	Genesis 47:18-38
Jan 22	Genesis 45:1-15	Matthew 14:22-33
Jan 23	Psalm 10:12-18	Genesis 47:1-12
Jan 24	Genesis 49:1-27	Matthew 15:32-39
Jan 25	Psalm 11:1-7	Exodus 2:1-10
Jan 26	Exodus 3:1-12	Matthew 17:14-21
Jan 27	Psalm 12:1-8	Exodus 4:1-9
Jan 28	Exodus 6:1-13	Matthew 18:21-35
Jan 29	Psalm 13:1-6	Exodus 8:1-15
Jan 30	Exodus 12:1-13	Matthew 20:1-16
Jan 31	Psalm 14:1-7	Exodus 12:14-32

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

