

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
January 1	Psalms 1:2-3
January 2	Matthew 3:10
January 3	Matthew 4:4
January 4	Psalms 2:7-8
January 5	Psalms 3:3-6
January 6	Matthew 5:43-45
January 7	Psalms 4:7-8
January 8	Matthew 6:33
January 9	Psalms 5:7-8
January 10	Matthew 8:24-26
January 11	Psalms 6:2-4
January 12	Matthew 9:1-8
January 13	Psalms 7:8
January 14	Matthew 10:8
January 15	Psalms 8:3-5
January 16	Matthew 11:28-30
January 17	Psalms 9:1-2
January 18	Matthew 12:33
January 19	Psalms 9:13-14
January 20	Matthew 13:31-32
January 21	Psalms 10:13-14
January 22	Matthew 14:28-32
January 23	Psalms 10:16-18
January 24	Genesis 49:22
January 25	Psalms 11:7
January 26	Matthew 17:20-21
January 27	Psalms 12:6-7
January 28	Matthew 18:21-22
January 29	Psalms 13:5-6
January 30	Exodus 12:13
January 31	Psalms 14:1-3

Find more resources,
future readings, and
prayerful playlists
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