

**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

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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>
July 1	Luke 3:16
July 2	Psalms 150:6
July 3	Psalms 1:1-2
July 4	Proverbs 18:13
July 5	Psalms 3:3-4
July 6	Psalms 4:1
July 7	Luke 6:27-29
July 8	Luke 6:45
July 9	Psalms 7:10
July 10	1 Chronicles 10:13-14
July 11	Psalms 9:9-10
July 12	Luke 8:24-25
July 13	Psalms 10:14
July 14	1 Chronicles 17:20
July 15	Psalms 11:4
July 16	Luke 9:62
July 17	Luke 10:27
July 18	Luke 11:2-4
July 19	Luke 11:34-35
July 20	Proverbs 19:20-21
July 21	Psalms 17:6-7
July 22	Luke 12:40
July 23	Psalms 18:27
July 24	Proverbs 19:27
July 25	Psalms 19:14
July 26	Luke 15:8-10
July 27	Psalms 21:1-2
July 28	Luke 17:4
July 29	Psalms 22:27-28
July 30	Proverbs 20:11
July 31	Psalms 24:3-5

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

