

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
June 1	Galatians 1:10
June 2	Psalms 120:1-2
June 3	Psalms 121:1-2
June 4	Psalms 122:8-9
June 5	Galatians 4:7
June 6	Psalms 124:6-8
June 7	Galatians 5:22-23
June 8	Galatians 6:9-10
June 9	Ephesians 1:18-19
June 10	Ephesians 2:8-10
June 11	Ephesians 3:16
June 12	Psalms 130:3-4
June 13	Ephesians 4:22-24
June 14	Ephesians 5:1-2
June 15	Ephesians 6:13
June 16	Psalms 134:2-3
June 17	Philippians 2:3-4
June 18	Philippians 2:14-15
June 19	Philippians 3:13-14
June 20	Psalms 138:3-4
June 21	Colossians 1:13-14
June 22	Psalms 140:6-7
June 23	Colossians 2:10
June 24	Colossians 3:15-16
June 25	Colossians 4:2
June 26	Psalms 144:9-10
June 27	Luke 1:35
June 28	Psalms 146:6
June 29	Luke 2:10-11
June 30	Psalms 148:13

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

