

## 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

<b>Date</b>	<b>Readings</b>
Mar 1	Lev 25:8-17      1 Cor 11:17-32
Mar 2	Psalm 26:1-12      1 Cor 12:12-20
Mar 3	Prov 10:23      1 Cor 13:1-13
Mar 4	Psalm 27:1-6      1 Cor 14:1-12
Mar 5	Num 5:5-10      1 Cor 14:26-33
Mar 6	Psalm 27:7-14      1 Cor 15:12-28
Mar 7	Num 9:15-23      1 Cor 15:50-58
Mar 8	Psalm 28:1-9      Prov 10:31-32
Mar 9	Num 13:25-33      2 Cor 1:3-11
Mar 10	Psalm 29:1-11      2 Cor 2:5-11
Mar 11	Prov 11:5-6      2 Cor 2:12-17
Mar 12	Psalm 30:1-12      2 Cor 3:16-18
Mar 13	Num 20:2-13      2 Cor 4:4-12
Mar 14	Psalm 31:1-8      2 Cor 5:1-10
Mar 15	Num 22:22-35      2 Cor 5:17-21
Mar 16	Psalm 31:9-18      2 Cor 6:3-10
Mar 17	Prov 11:13-15      2 Cor 6:14-18
Mar 18	Psalm 31:19-24      2 Cor 7:8-13
Mar 19	Prov 11:18-19      2 Cor 8:1-9
Mar 20	Psalm 32:1-11      Prov 11:20-21
Mar 21	Prov 11:24      2 Cor 9:6-15
Mar 22	Psalm 33:1-11      2 Cor 10:3-5
Mar 23	Deut 1:1-8      2 Cor 11:1-15
Mar 24	Psalm 33:12-22      2 Cor 11:16-30
Mar 25	Deut 4:1-10      2 Cor 12:1-10
Mar 26	Psalm 34:1-10      Prov 11:29-31
Mar 27	Deut 8:1-14      2 Cor 13:1-14
Mar 28	Psalm 34:11-22      Mark 1:1-11
Mar 29	Deut 11:8-21      Mark 2:1-12
Mar 30	Psalm 35:1-10      Mark 2:13-17
Mar 31	Prov 12:8-9      Mark 3:22-30

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

