

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
May 1	Psalms 102:1-2
May 2	Acts 8:34-35
May 3	Psalms 104:1
May 4	Proverbs 14:22-23
May 5	Psalms 105:3-4
May 6	Acts 10:39-40
May 7	Psalms 105:42-43
May 8	1 Samuel 3:10-11
May 9	Psalms 106:14-15
May 10	Acts 13:29-31
May 11	Psalms 107:8-9
May 12	1 Samuel 12:24-25
May 13	Psalms 109:26-27
May 14	1 Samuel 15:25
May 15	Psalms 111:2-3
May 16	1 Samuel 18:14-15
May 17	Psalms 113:5-6
May 18	Acts 19:5-6
May 19	Psalms 116:1-2
May 20	Acts 20:24
May 21	Psalms 118:6-7
May 22	2 Samuel 1:1-16
May 23	Psalms 119:11-12
May 24	Acts 23:11
May 25	Psalms 119:34-35
May 26	Proverbs 16:2-3
May 27	Psalms 119:76-77
May 28	Acts 26:22
May 29	Psalms 119:105-106
May 30	Acts 27:25
May 31	Psalms 119:132-133

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

