

**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>
November 1	Romans 2:9-10
November 2	Psalms 104:33-34
November 3	Romans 3:23-24
November 4	Psalms 105:19-20
November 5	Romans 4:20-21
November 6	Romans 5:7-8
November 7	Romans 6:8-9
November 8	Psalms 106:43
November 9	Romans 8:5
November 10	Romans 8:17
November 11	Romans 8:37-39
November 12	Psalms 110:1
November 13	Romans 9:33
November 14	Psalms 112:2-3
November 15	Psalms 113:7-8
November 16	Romans 12:2
November 17	Psalms 116:8-9
November 18	Psalms 117:1-2
November 19	Romans 15:13
November 20	Psalms 118:26-27
November 21	Romans 16:17-18
November 22	Psalms 119:17-18
November 23	1 Peter 1:14-15
November 24	1 Peter 2:17
November 25	1 Peter 3:9-10
November 26	Daniel 3:28
November 27	Psalms 119:105-106
November 28	Psalms 119:127-128
November 29	Daniel 6:22-23
November 30	1 John 1:9

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

