

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
October 1	John 4:13-14
October 2	Isaiah 66:1-2
October 3	John 5:24
October 4	John 5:28-29
October 5	Psalms 77:1-3
October 6	John 6:35
October 7	Psalms 78:36-37
October 8	Jeremiah 10:6-7
October 9	John 7:37-38
October 10	John 8:7-11
October 11	Psalms 81:13-14
October 12	Psalms 82:3-4
October 13	Psalms 83:1-2
October 14	John 10:10-11
October 15	John 10:27
October 16	Jeremiah 29:11-13
October 17	Jeremiah 30:3
October 18	John 12:35-36
October 19	John 13:12-15
October 20	John 13:34-35
October 21	John 14:15-17
October 22	John 15:4-5
October 23	John 16:13
October 24	John 17:3
October 25	Psalms 95:1-2
October 26	John 19:1-4
October 27	Psalms 99:5
October 28	John 20:1-2
October 29	Psalms 101:2-4
October 30	Lamentations 3:22-24
October 31	Psalms 103:11-12

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

