

## 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

<b>Date</b>	<b>Readings</b>
September 1	Psalms 45:4-6
September 2	Philemon 4-6
September 3	Psalms 47:1-2
September 4	Ecclesiastes 8:12-13
September 5	Hebrews 3:12-13
September 6	Hebrews 4:15-16
September 7	Psalms 51:10-12
September 8	Isaiah 1:16-18
September 9	Psalms 53:2
September 10	Hebrews 7:26-27
September 11	Psalms 55:22
September 12	Isaiah 11:1-2
September 13	Psalms 57:1-2
September 14	Hebrews 10:4-7
September 15	Psalms 59:9-10
September 16	Hebrews 11:6
September 17	Psalms 68:1-3
September 18	Hebrews 12:1-2
September 19	Psalms 63:1-4
September 20	Isaiah 35:3-4
September 21	James 1:2-3
September 22	James 1:19-22
September 23	Psalms 67:1-3
September 24	Isaiah 43:18-19
September 25	Psalms 68:19-20
September 26	John 1:1-5
September 27	Psalms 69:30-31
September 28	Isaiah 55:8-9
September 29	John 3:16-17
September 30	Isaiah 61:1-2

---

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

