PRAY

JOURNAL

PRAY

There isn't one correct way to talk to God. He is excited to simply spend time with you! Below are a couple suggestions for starting your devotional time with our Father:

SURRENDER

Before seeking God's heart, pour out your heart to Him (concerns, people, responsibilities, joys, fears ...whatever is consuming you) and surrender these things to God's care. (Psalm 62:8)

CONFESS & FORGIVE

Is there anything that is keeping you from "looking God in the eye"? Confess and remember that He is faithful and just to forgive and cleanse us. (1 John 1:9)

Forgiveness is not only a gift we receive, but also a gift we give.

Is there anyone who you need to forgive? Pray for the power to release any offenses you are harboring, and begin the process of forgiveness. (Colossians 3:13)

INVITE

Before you begin reading the Word, ask the Holy Spirit to guide you and help you understand what He wants to say to you today. (John 14:26) For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (Hebrews 4:12)

NOTE

Read today's Bible Reading Schedule and highlight, underline, or note anything that resonates, challenges, encourages or speaks to you. (2 Timothy 3:16-17)

While reading a passage ask yourself questions such as: "what does it mean?", "what is the universal lesson?", "how does it apply now?" (Ezra 7:10)

ASK

Make note of any questions or confusing things that you read, and talk to your dGroup or pastor about them. (Proverbs 27:17)

There are millions of ways to journal, and none of them are wrong. Consider one of these questions/ideas to get you going:

- Why did these passages stand out to me?
- Try rephrasing or paraphrasing a passage as if God was speaking to me in the first person.
- What might God be saying through these passages?
- How does this passage apply to my life and what am I going to do about it?
- The one thing I want to remember about today's reading is...
- Make a list of things you're grateful for today.
- Write out your prayer requests (and eventually the date that He answered them).

Again, prayer isn't a formula or checklist of topics that must be covered. Below are a couple suggested ways that you may want to conclude your devotional time:

SILENCE

Before rushing off to your day, take a moment to let what you read and wrote sink in—God might have more to say. (Psalm 46:10)

PRAISE

Praise and thank God for who He is and the many ways He has blessed you. (Psalm 107:21-22)

GUIDANCE

Ask that God's hand be upon you everywhere you go, and that He guides and equips you according to His powerful and loving will. (Hebrews 12:20-21)

Continue to talk with God throughout your day and refer back to any verses that you noted or journaled about.