


SCRIPTURE

Begin reading a passage in the bible (if reading the bible is new for you, start in one of the gospels: Matthew, Mark, Luke, John). Stop when something jumps out.

Take a moment to rephrase or summarize what has jumped out to you. What is God saying in this? Write it down. Consider why God brought this section/idea/word to your attention. Write these reflections down.

OBSERVE

1. What words, themes, or phrases stick out?
2. Does the passage present a specific command or promise?
3. What questions does the passage raise for you?
4. What is the surrounding context of the passage, how does this impact what you have just read?
5. Summarize, in a sentence or two, the main idea/principle of the passage.

APPLY

1. How does the passage connect with your life right now?
2. Does this prompt you to believe something you didn't before? Is God prompting you to do (or not do) something you weren't doing before? Is God prompting you to share something you haven't shared before?
3. Write, specifically, a way to obey God in response to what you just read.

PRAY

Now talk to God.

1. Praise Him for who He is.
2. Confess where you fall short.
3. Ask for further clarity, guidance and understanding of the passage.
4. Talk transparently with Him about any frustrations, fears, doubt, or confusion.
5. Ask Him for the power to respond and obey.
6. Thank Him for Jesus, His forgiveness and His love, that is your motivation to obey.

Morning & Evening

Morning Prayer – Commit, Submit, Accept

Commit

Spend time praising God for who He is. Let your praise of Him turn to committing your day to Him. You will live for Him alone. Talk with Him about the implications this might have on your life and actions today.

Submit

God is all powerful and fully good. Submit your plans to Him. Let His character shape your submission. If He changes your plans, ask that you would be present and faithful with Him, and present and loving with others in those changes.

Accept

Preemptively accept His grace. Accept His grace, strength, and power to do what He has called you to do today. Accept His grace for times you may fall short of what He has called you to do and in who He has called you to be. Let His overwhelming grace empower and compel your obedience.

Evening Prayer – Rejoice, Repent, Receive

Rejoice

Rejoice over how God met you today. What specific things can you thank and praise Him for? What blessings did He provide? What struggles did He carry you through? Give thanks for His provision of breath, bread, relationships, jobs, and anything else you can think of. Praise Him for who He is and what He has done.

Repent

Where did you fall short today? Confess things you said, did, didn't say, didn't do, thought, wanted, looked at, avoided, felt. Be honest and specific. He knows you, forgives you, and loves you. Let His overwhelming grace empower, compel, and sustain your relationship and obedience.

Receive

Receive how God met you today. Did He show you something about Himself or yourself in the scriptures? Did He teach you something about Himself or yourself through interactions or circumstances? Listen to what He is telling you in His word, by the Spirit, and in your day with Him?