

- 1. Galatians 5:25 "If we live by the Spirit, let us also keep in step with the Spirit." Ask God to reveal to you a place that He is at work and ask Him how He wants you to participate. Ask Him to remove all obstacles and give you the courage to say "yes" to what He is calling you to.
- 2. Psalm 46:10 "Be still and know that I am God. I will be exalted among the nations; I will be exalted in the earth!" Then repeat these words 3 times. "Be still and know that I am God." Hear God speaking these words to you. Ask Him to reveal the things or people in your life that you have kept the tightest grip on and pray for the courage to trust Him in all things related to them. Pray for the inner peace that comes when you trust God in all circumstances and areas of your life.
- 3. Matthew 11:28 "Come to me, all who labor and are heavy laden, and I will give you rest." Choose your favorite name for God (this will be your inhale), then think of a word or phrase that describes what you desire the most from God (this is your exhale). Close your eyes. Inhale for 5 seconds and exhale for 5 seconds. Next, inhale for 5 seconds whispering His name and exhale for 5 seconds whispering the phrase. Do this 5 times.
- 4. Psalm 23:1-3 "The Lord is my shepherd; I shall not want. He makes me lay down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake." Ask God to reveal the burdens or hurts you have been carrying for too long. Give them to Him one by one and ask Him to restore your soul with the truths you need to hear.
- 5. John 15:12 "This is my commandment, that you love one another as I have loved you." Pray for the marriages and relationships in your family, friend group, small group, and Timberwood Church. Ask God to bless them and strengthen them. Pray that He would humble those that are struggling and give them courage to seek support.
- 6. John 16:33 "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." Jesus doesn't promise a life without pain. Share with Him your fear, disappointment, sadness, and struggles. Ask God to equip you with the courage, strength and support you need to face these difficulties, pray for His peace to wash over you.

- 7. Matt. 25:40 "And the King will answer them, "Truly, I say to you, as you did it to one of the least of these my brothers and sisters you did it to me." Pray for those in our area who are struggling with housing and food insecurities. Pray for eyes to see people who are in need and the power and desire to help them meet their physical needs.
- 8. Galatians 2:20 "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God." Ask the Holy Spirit to reveal areas in your life where you are still attempting to live by the flesh. What is one specific way you can die to your fleshly desires and live by the Spirit?
- 9. Matthew 28:19 "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." Take five minutes now and close your eyes. Who is the first face you see? What is the first name that comes to mind? How can you invite them to join you on this journey of discipleship? Who is the Lord placing in front of you to share this journey of discipleship?
- 10. Matthew 12:33 "Either make the tree good and its fruit good, or make the tree bad and its fruit bad, for the tree is known by its fruit." What does your fruit look like? Take some time to ask the Lord to reveal to your areas that need to be pruned. Ask Him to prune them. Ask Him to show you areas where you could increase in your fruit production.
- 11. Galatians 5:13 "For you were called to freedom, brothers, and sisters. Only do not use your freedom as an opportunity for the flesh but through love serve one another." Our freedom in Jesus affords us the opportunity to love with wild abandon. How can you "through love serve" each day, each week, each month? How can you serve more in your home, your work, your church, your community?
- 12. Matthew 4:23 "And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom healing every disease and every affliction among the people." What do you need to have healed today? Who is someone you know who needs physical healing. Take time to pray for those physical needs right now asking God to do his miraculous work of healing.