

Date: _____ **Text:** _____

Prayer

- Begin with a short prayer (i.e. The Lord's Prayer) or a psalm (i.e. Psalm 23) to focus your thoughts on God.
- Surrender to God now anything that is on your mind and pray for the day ahead.
- Now ask God to bless you as you read today's passage.

Reading

- Read the text and pay attention to any verse that stands out.
- Write out the one key verse or phrase that stood out to you...

- Reflect on what this verse means to you now and how can you can live it out today.

- Close out your time this morning by praying and asking God to help you remember this verse and live it out.
- As you continue through your day say this verse again to yourself and if you feel stressed today repeat or reread it to remind yourself of this time when you were present with God.

Date: _____ **Text:** _____

Prayer

- Begin with a short prayer (i.e. The Lord's Prayer) or a psalm (i.e. Psalm 23) to focus your thoughts on God.
- Surrender to God now anything that is on your mind and pray for the day ahead.
- Now ask God to bless you as you read today's passage.

Reading

- Read the text and pay attention to any verse that stands out.
- Write out the one key verse or phrase that stood out to you...

- Reflect on what this verse means to you now and how can you can live it out today.

- Close out your time this morning by praying and asking God to help you remember this verse and live it out.
- As you continue through your day say this verse again to yourself and if you feel stressed today repeat or reread it to remind yourself of this time when you were present with God.