

P.R.A.Y.

Pause: **Pause to be still in God's Presence.** *Be still before the LORD and wait patiently for him ...*
([Psalm 37:7](#), NIV)

1. Find a place where you can stop and be quiet with God.
2. Invite the Holy Spirit to be present with you.
3. Read or say from memory a passage of Scripture that reminds you who God and His interest in you ([Isaiah 40:28-31](#) and [Isaiah 41:13](#) are great for this – [click here](#) to download a printable copy of these verse to keep with you).

Rejoice + Reflect: **Rejoice with a Psalm and Reflect on Scripture.** *Rejoice in the Lord always. I will say it again: Rejoice!* ([Philippians 4:4](#), NIV)

1. Read a Bible passage or listen to a song that helps you to connect with God – there are many Psalms that do this well.
2. Invite the Holy Spirit to show you something to rejoice over.
3. Prayerfully work your way through a passage or book of the Bible, taking the time to notice and learn God's promises – don't rush, it's more important that you understand and internalize a short passage than to read several chapters a day.
4. Keep notes of what you are learning so you can go back and see your journey with God.

Ask: **Ask for God's help – for yourself and others.** *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you ..."* ([Matthew 7:7](#), NIV)

1. Share what's on your heart, asking God to provide, protect and encourage you. Be specific.
2. Think of people in your life who need God to move in their situations. Ask for God to be at work and to show you how to share God's love with them.

Yield: **Yield to God's will in your life.** *"... But seek first his kingdom and his righteousness, and all these things will be given to you as well ..."* ([Matthew 6:33](#), NIV)

1. Think of a situation which feels challenging, stressful or uncertain. Invite God's kingdom to reign
2. What are you holding onto, today? Invite the Holy Spirit to challenge you to let go and trust God
3. Many of God's promises have conditions you need to meet in order to experience what He promises. Most of the time this will involve yielding in some way that will bring your life more into harmony with Him.
4. When you make the choice to yield to Him, God will empower you to act on your choice.