

4 Steps to a Consistently Vibrant Devotional Time

STEP ONE: PRAY before you read anything...

- Let God know that you want to obey what He shows you from the Bible.
- Ask God to show you how to apply what you are about to read to a specific situation in your life.

STEP TWO: MEDITATE think about it over and over.

- If it's a story, imagine yourself as a character in it.
- If it's an instruction, read it over and over emphasizing a different word each time.
- Write down if there is any...
 - ⇒ Sin to confess? Do I need to make any restitution?
 - ⇒ Promise to claim? Is it a universal promise? Have I met the condition(s)?
 - ⇒ Attitude to change? Am I willing to work on a negative attitude and begin building toward a positive one?
 - ⇒ Command to obey? Am I willing to do it no matter how I feel?
 - ⇒ Example to follow? Is it a positive example for me to copy, or a negative one to avoid?
 - ⇒ Prayer to pray? Is there anything I need to pray back to God?
 - ⇒ Error to avoid? Is there any problem that I should be alert to or beware of?
 - ⇒ Truth to believe? What new things can I learn about God the Father, Jesus Christ, the Holy Spirit, or other biblical teachings?

STEP TWO: MEDITATE think about it over and over (cont...)

- ⇒ Something to praise God for? Is there something here I can be thankful for?
- ⇒ Pick a specific person in your life (wife, husband, friend, brother, mother, etc...). How does this scripture affect your relationship with them? How does this scripture affect your relationship with God?
- Write out the passage in your own words.
- Write out a prayer based on the passage.

STEP THREE: APPLY take action...

- Personal Application: I, me, my, or mine
 - ⇒ “I need to...”
- Practical Application: specific situations
 - ⇒ “I need to serve my spouse...”
- Possible Application: something you can do
 - ⇒ “I need to serve my spouse by taking out the garbage...”
- Provable Application: measurable so you can follow up
 - ⇒ “I need to serve my spouse by taking out the garbage every day this coming week.”

STEP FOUR: MEMORIZE or WRITE OUT a verse or prayer...

- Choose the verse that will help with the application.
- Write out a short prayer of application.
- Recall the verse or prayer throughout the day as needed.

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DEVOTIONAL EXAMPLES

EXAMPLE 1

Example of imagining yourself as a character in a story.

Scripture Passage: Jeremiah 42:6, 10-12; 43:3

⁶ *Whether it is favorable or unfavorable, we will obey the LORD our God, to whom we are sending you, so that it will go well with us, for we will obey the LORD our God.*

¹⁰ *'If you stay in this land, I will build you up and not tear you down; I will plant you and not uproot you, for I am grieved over the disaster I have inflicted on you. ¹¹ Do not be afraid of the king of Babylon, whom you now fear. Do not be afraid of him, declares the LORD, for I am with you and will save you and deliver you from his hands. ¹² I will show you compassion so that he will have compassion on you and restore you to your land.'* (Jeremiah)

³ *Azariah son of Hoshai and Johanan son of Kareah and all the arrogant men said to Jeremiah, "You are lying! The LORD our God has not sent you to say, 'You must not go to Egypt to settle there!'"*

My Thoughts, Prayer & Application

Like the Israelites, I am often enthusiastic about following God if I think he is going to ask me to do what I want to do. If I had lived my life in captivity in Babylon, I'm sure I would have wanted to leave and gain my freedom at just about any cost. Perhaps I would have been beaten, mistreated and humiliated regularly. Perhaps my friends or loved ones or family members would have been horribly abused or even murdered. I would have wanted to find a safer place. It would have been very difficult for me to imagine compassion from the King of Babylon or that he would restore my land. It would have been very easy to believe Jeremiah's advice was wrong. It certainly would have seemed cowardly to just stay in Babylon.

When I've already made up my mind concerning what I want to do, it's really hard for me to see God's plan as good when it contradicts my plan. Lord help me to put my heart in a place that I am willing to accept whatever direction you give me, even when it takes me in a different direction than what I originally thought to be best.

EXAMPLE 2

Example of reading a passage over and over emphasizing a different word each time.

Scripture Passage: James 1:22-25

²² *But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.* ²³ *For if you listen to the word and don't obey, it is like glancing at your face in a mirror.* ²⁴ *You see yourself, walk away, and forget what you look like.* ²⁵ *But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.*

My Thoughts, Prayer & Application

"**But** if you look carefully into the perfect law that sets you free"
This is very different from glancing at myself in the mirror and walking away.

"But **if** you look carefully into the perfect law that sets you free"
This is conditional; God will do something only if I do something.

"But if **you** look carefully into the perfect law that sets you free"
This is something for which I am responsible.

"But if you **look** carefully into the perfect law that sets you free"
I have to look into God's Word directly.

"But if you look **carefully into** the perfect law that sets you free"
What's the difference between looking "into" and looking "at" God's law?

"But if you look carefully into the **perfect** law that sets you free"
God's Word is completely perfect.

"But if you look carefully into the perfect **law** that sets you free"
God's Word is a law; powerful and unchanging.

"But if you look carefully into the perfect law that **sets** you free"
God's Word will release me from things that bind me.

"But if you look carefully into the perfect law that sets **you** free"
This will work for me.

"But if you look carefully into the perfect law that sets you **free**"
God's Word will empower me to live right and to desire what is right.

Lord, help me to look carefully into Your Word today believing that you will transform my desires and empower me to do right.

EXAMPLE 3

**Example of writing down answers to the questions:
“Is there a sin to confess?” and “Is there a promise to claim?”**

Scripture Passage: James 1:22-25

²² But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. ²³ For if you listen to the word and don't obey, it is like glancing at your face in a mirror. ²⁴ You see yourself, walk away, and forget what you look like. ²⁵ But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

My Thoughts, Prayer & Application

SIN: Listening to God's Word but not following through in obedience.

PROMISE: If I look carefully into God's Word and remember and do what it says, God will bless me.

Lord help to take at least 5 minutes each day to meditate and carefully reflect upon what I learn. During that time I will write down (in a place I can see several times during the day) a prayer of how to apply what I am learning from Your Word.

EXAMPLE 4

**Example of writing down the answers to questions:
“Is there an attitude to change?” and “Is there a command to obey?”**

Scripture Passage: James 1:22-25

²² But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. ²³ For if you listen to the word and don't obey, it is like glancing at your face in a mirror. ²⁴ You see yourself, walk away, and forget what you look like. ²⁵ But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

My Thoughts, Prayer & Application

ATTITUDE: Believe God's Word will set me free if I obey it.

COMMAND: Reflect carefully on God's Word - Don't forget what God's Word says -Do what God Word Says.

Lord help to take at least 5 minutes each day to meditate and carefully reflect upon what I learn. During that time I will write down (in a place I can see several times during the day) a prayer of how to apply what I am learning from Your Word.

EXAMPLE 5

Example of writing down the answers to questions:
“Is there an example to follow?”, “Is there a prayer to pray?”,
and “Is there an error to avoid?”

Scripture Passage: James 1:22-25

²² But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. ²³ For if you listen to the word and don't obey, it is like glancing at your face in a mirror. ²⁴ You see yourself, walk away, and forget what you look like. ²⁵ But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

My Thoughts, Prayer & Application

EXAMPLE: (negative) Don't listen to God's Word and walk away without "fixing what's out of place" and "preparing for my day".

PRAYER: Lord please help me to take time to listen to Your Word and to take time to think and reflect and meditate upon it's' meaning and to do whatever I need to do to remember and obey.

ERROR: I am prone to forget what God has said and do nothing.

Lord help to take at least 5 minutes each day to meditate and carefully reflect upon what I learn. During that time I will write down (in a place I can see several times during the day) a prayer of how to apply what I am learning from Your Word.

EXAMPLE 6

**Example of writing down the answers to questions:
“Is there a truth to believe?” and “Is there something for
which to praise God?”**

Scripture Passage: James 1:22-25

²² *But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.* ²³ *For if you listen to the word and don't obey, it is like glancing at your face in a mirror.* ²⁴ *You see yourself, walk away, and forget what you look like.* ²⁵ *But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.*

My Thoughts, Prayer & Application

TRUTH: God speaks to me. God expects me to obey. God desires to bless those who obey.

PRAISE: God I praise you for being a God who is eager to bless me. I praise you for blessing me when I am obedient so that I can learn obedience.

Lord help to take at least 5 minutes each day to meditate and carefully reflect upon what I learn. During that time I will write down (in a place I can see several times during the day) a prayer of how to apply what I am learning from Your Word.

EXAMPLE 7

Example of writing the passage out in my own words

Scripture Passage: James 1:22-25

²² But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. ²³ For if you listen to the word and don't obey, it is like glancing at your face in a mirror. ²⁴ You see yourself, walk away, and forget what you look like. ²⁵ But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

My Thoughts, Prayer & Application

It is not enough for me to read God's word or listen to it spoken. Every time I hear God's word I must act accordingly. If I do not act in response to God's Word I would have been better off not even exposing myself to His word, because when I listen and don't act, I delude myself into believing I'm a better person when I'm really only more puffed up with my own knowledge. If I hear but do not act on God's Word it's like wasting my time by looking in the mirror but forgetting to comb my hair or wash my face. I'm as completely unprepared for my day as if I'd just stayed in bed until I left the house instead of pretending that I was taking the time to get ready. The key to avoiding this delusional behavior is to always to take time carefully reflect on what I've read or heard of God's word and how God wants me to act on His truth. After that I have to find a way to not forget what God has asked me to do. Then I will experience God's blessing.

Father, I believe you want to speak to me every day to prepare me for what I will encounter in that day. Please help me every day to write out what You want me to in a place that I can see it throughout my day and remember what You have said and be prepared to act.

EXAMPLE 8

Example of writing what this scripture says about God or Christ directly or indirectly. Write out any sins to confess. Write out something to be thankful for. Write a short prayer specifically for a friend in need.

Scripture Passage: 2 Corinthians 12:9

⁹ Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

My Thoughts, Prayer & Application

There is nothing I need other than God's grace. He is able to use my weakness for His good. His power is what makes me able to complete the tasks and plans He has for me. I do not have to be the strongest, bravest, fastest, smartest, or most talented. God does not expect me to be perfect. He is able to take the skills I have and work through me because of the power of Christ.

Sins to confess: pride in trying to plan, direct and fix things on my own.

Thankful for: God knows me because He created me. He already knows my strengths, weaknesses, talents, and hang-ups. He knows what is best for me and is prepared to provide it.

Lord, thank you for the grace you offer. You are all I need. I am so thankful that you see my weaknesses, fears, doubts, and shortcomings as opportunities to demonstrate the power of Christ to accomplish great things. Please help me this week to be less critical of my "failures" and change my perspective to see them instead as a chance to grow and learn.

Lord, my friend Lora struggles with striving for perfection. She is frequently disappointed with herself and her performance as a mom and a teacher. Father, help me to be an encourager to her and allow the Holy Spirit to work on her heart and change her attitude to one of acceptance of her weaknesses and submission to your will for her life. Amen.

EXAMPLE 9

Example of picking a specific person in your life (wife, husband, friend, brother, mother, etc...). How does this scripture affect your relationship with them? How does this scripture affect your relationship with God?

Scripture Passage: 2 Corinthians 12:9

Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

My Thoughts, Prayer & Application

How this scripture affects my relationship with my children: Many times I react to my children in an unloving way because I am insecure. I'm not sure exactly how to respond or I feel they are attacking me in an area that I am weak. If I recognized that God's strength is unleashed in it's greatest way through my weakness as I depend upon Him I could always respond to my children in love instead of react out of my insecurity.

How this scripture affects my relationship with God. If I really believed that God's grace is all that I need, I would worry a great deal less. I would not hesitate because of anxiety and fear of the future. I would live more boldly. I would serve my family and others with no fear of "being taken advantage of" because I would know even if I'm tired or I don't feel adequate, the power of God's grace would work through me.

Father, help me to seize every opportunity to serve others today no matter how tired or inadequate I feel, knowing that your power will work through my weakness so I can show your love to someone else.

Date: Sunday, January 1

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **25** Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 1 Corinthians 9:24-25

Note: If you need more scripture to answer the questions below, read the passage in its context (1 Corinthians 9:24-27).

Write out any attitudes to change (Are you willing to work on a negative attitude and build toward a positive one?) and any commands to obey. (Are you willing to learn no matter how you feel?)

Note: see example on page 9

Write out a prayer of application

Date: Monday, January 2

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **25** Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 1 Corinthians 9:24-25

Note: If you need more scripture to answer the questions below, read the passage in its context (1 Corinthians 9:24-27).

Write out any examples to follow (is it a positive example for me to copy, or a negative one to avoid?) and any prayers to pray and any errors to avoid (are there any problems that I should be alert to or beware of?)

Note: see example on page 10

Write out a prayer of application

Date: Tuesday, January 3

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **25** Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 1 Corinthians 9:24-25

Note: If you need more scripture to answer the questions below, read the passage in its context (1 Corinthians 9:24-27).

Write out any truths to believe. What can I learn about God the Father, Jesus Christ, the Holy Spirit? Write what this scripture says about God or Christ directly or indirectly. Is there anything for which I can praise or thank God?

Note: see example on page 11

Write out a prayer of application

Date: Wednesday, January 4

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **25** Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 1 Corinthians 9:24-25

Note: If you need more scripture to answer the questions below, read the passage in its context (1 Corinthians 9:24-27).

Write out something to be thankful for. Write a short prayer specifically for a friend in need.

Note: see example on page 13

Write out a prayer of application

Date: Sunday, January 8

1 The LORD said to Moses, **2** “Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders.” **27** They gave Moses this account: “We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. **28** But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there.” **30** Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.” **41** But Moses said, “Why are you disobeying the LORD’s command? This will not succeed! **42** Do not go up, because the LORD is not with you. You will be defeated by your enemies, **43** for the Amalekites and the Canaanites will face you there. Because you have turned away from the LORD, he will not be with you and you will fall by the sword.” Numbers 13:1-2,27-28,30 & 14:41-43

Note: If you need more scripture to answer the questions below, read the passage in its context (Numbers 13 & 14).

Write out any attitudes to change (Are you willing to work on a negative attitude and build toward a positive one?) and any commands to obey. (Are you willing to learn no matter how you feel?)

Note: see example on page 9

Write out a prayer of application

Date: Monday, January 9

1 The LORD said to Moses, **2** “Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders.” **27** They gave Moses this account: “We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. **28** But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there.” **30** Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.” **41** But Moses said, “Why are you disobeying the LORD’s command? This will not succeed! **42** Do not go up, because the LORD is not with you. You will be defeated by your enemies, **43** for the Amalekites and the Canaanites will face you there. Because you have turned away from the LORD, he will not be with you and you will fall by the sword.” Numbers 13:1-2,27-28,30 & 14:41-43

Note: If you need more scripture to answer the questions below, read the passage in its context (Numbers 13 & 14).

Write out any examples to follow (is it a positive example for me to copy, or a negative one to avoid?) and any prayers to pray and any errors to avoid (are there any problems that I should be alert to or beware of?)

Note: see example on page 10

Write out a prayer of application

Date: Tuesday, January 10

1 The LORD said to Moses, **2** "Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders." **27** They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. **28** But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there." **30** Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it." **41** But Moses said, "Why are you disobeying the LORD's command? This will not succeed! **42** Do not go up, because the LORD is not with you. You will be defeated by your enemies, **43** for the Amalekites and the Canaanites will face you there. Because you have turned away from the LORD, he will not be with you and you will fall by the sword." Numbers 13:1-2,27-28,30 & 14:41-43

Note: If you need more scripture to answer the questions below, read the passage in its context (Numbers 13 & 14).

Write out any truths to believe. What can I learn about God the Father, Jesus Christ, the Holy Spirit? Write what this scripture says about God or Christ directly or indirectly. Is there anything for which I can praise or thank God?

Note: see example on page 11

Write out a prayer of application

Date: Wednesday, January 11

1 The LORD said to Moses, **2** "Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders." **27** They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. **28** But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there." **30** Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it." **41** But Moses said, "Why are you disobeying the LORD's command? This will not succeed! **42** Do not go up, because the LORD is not with you. You will be defeated by your enemies, **43** for the Amalekites and the Canaanites will face you there. Because you have turned away from the LORD, he will not be with you and you will fall by the sword." Numbers 13:1-2,27-28,30 & 14:41-43

Note: If you need more scripture to answer the questions below, read the passage in its context (Numbers 13 & 14).

Write out something to be thankful for. Write a short prayer specifically for a friend in need.

Note: see example on page 13

Write out a prayer of application

Date: Thursday, January 12

1 The LORD said to Moses, **2** "Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders." **27** They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. **28** But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there." **30** Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it." **41** But Moses said, "Why are you disobeying the LORD's command? This will not succeed! **42** Do not go up, because the LORD is not with you. You will be defeated by your enemies, **43** for the Amalekites and the Canaanites will face you there. Because you have turned away from the LORD, he will not be with you and you will fall by the sword." Numbers 13:1-2,27-28,30 & 14:41-43

Note: If you need more scripture to answer the questions below, read the passage in its context (Numbers 13 & 14).

Pick a specific person in your life (wife, husband, friend, brother, mother, etc...). Write out how this scripture affects your relationship with them... how this scripture affects your relationship with God.

Note: see example on page 14

Write out a prayer of application

Date: Friday, January 13

1 The LORD said to Moses, **2** “Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders.” **27** They gave Moses this account: “We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. **28** But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there.” **30** Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.” **41** But Moses said, “Why are you disobeying the LORD’s command? This will not succeed! **42** Do not go up, because the LORD is not with you. You will be defeated by your enemies, **43** for the Amalekites and the Canaanites will face you there. Because you have turned away from the LORD, he will not be with you and you will fall by the sword.” Numbers 13:1-2,27-28,30 & 14:41-43

Note: If you need more scripture to answer the questions below, read the passage in its context (Numbers 13 & 14).

Write out any promises to claim (Are they universal promises? Have you met the conditions?) Write out any sins in your life that you need to confess.

Note: see example on page 8

Write out a prayer of application

Date: Saturday, January 14

1 The LORD said to Moses, **2** "Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders." **27** They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. **28** But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there." **30** Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it." **41** But Moses said, "Why are you disobeying the LORD's command? This will not succeed! **42** Do not go up, because the LORD is not with you. You will be defeated by your enemies, **43** for the Amalekites and the Canaanites will face you there. Because you have turned away from the LORD, he will not be with you and you will fall by the sword." Numbers 13:1-2,27-28,30 & 14:41-43

Note: If you need more scripture to answer the questions below, read the passage in its context (Numbers 13 & 14).

Say the scripture out loud three times then in your own words rewrite the passage.

Note: see example on page 12

Write out a prayer of application

Date: Sunday, January 15

5 Trust in the LORD with all your heart and lean not on your own understanding; **6** in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

Note: If you need more scripture to answer the questions below, read the passage in its context (Proverbs 3:5-10).

Write out any attitudes to change (Are you willing to work on a negative attitude and build toward a positive one?) and any commands to obey. (Are you willing to learn no matter how you feel?)

Note: see example on page 9

Write out a prayer of application

Date: Monday, January 16

5 Trust in the LORD with all your heart and lean not on your own understanding; **6** in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

Note: If you need more scripture to answer the questions below, read the passage in its context (Proverbs 3:5-10).

Write out any examples to follow (is it a positive example for me to copy, or a negative one to avoid?) and any prayers to pray and any errors to avoid (are there any problems that I should be alert to or beware of?)

Note: see example on page 10

Write out a prayer of application

Date: Tuesday, January 17

5 Trust in the LORD with all your heart and lean not on your own understanding; **6** in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

Note: If you need more scripture to answer the questions below, read the passage in its context (Proverbs 3:5-10).

Write out any truths to believe. What can I learn about God the Father, Jesus Christ, the Holy Spirit? Write what this scripture says about God or Christ directly or indirectly. Is there anything for which I can praise or thank God?

Note: see example on page 11

Write out a prayer of application

Date: Thursday, January 19

5 Trust in the LORD with all your heart and lean not on your own understanding; **6** in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

Note: If you need more scripture to answer the questions below, read the passage in its context (Proverbs 3:5-10).

Pick a specific person in your life (wife, husband, friend, brother, mother, etc...). Write out how this scripture affects your relationship with them... how this scripture affects your relationship with God.

Note: see example on page 14

Write out a prayer of application

Date: Friday, January 20

5 Trust in the LORD with all your heart and lean not on your own understanding; **6** in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

Note: If you need more scripture to answer the questions below, read the passage in its context (Proverbs 3:5-10).

Write out any promises to claim (Are they universal promises? Have you met the conditions?) Write out any sins in your life that you need to confess.

Note: see example on page 8

Write out a prayer of application

Date: Sunday, January 22

9 Love must be sincere. Hate what is evil; cling to what is good.

10 Be devoted to one another in love. Honor one another above yourselves. **11** Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. **12** Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:9-12

Note: If you need more scripture to answer the questions below, read the passage in its context (Romans 12:1-12).

Write out any attitudes to change (Are you willing to work on a negative attitude and build toward a positive one?) and any commands to obey. (Are you willing to learn no matter how you feel?)

Note: see example on page 9

Write out a prayer of application

Date: Monday, January 23

9 Love must be sincere. Hate what is evil; cling to what is good.

10 Be devoted to one another in love. Honor one another above yourselves. **11** Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. **12** Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:9-12

Note: If you need more scripture to answer the questions below, read the passage in its context (Romans 12:1-12).

Write out any examples to follow (is it a positive example for me to copy, or a negative one to avoid?) and any prayers to pray and any errors to avoid (are there any problems that I should be alert to or beware of?)

Note: see example on page 10

Write out a prayer of application

Date: Tuesday, January 24

9 Love must be sincere. Hate what is evil; cling to what is good.

10 Be devoted to one another in love. Honor one another above yourselves. 11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. 12 Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:9-12

Note: If you need more scripture to answer the questions below, read the passage in its context (Romans 12:1-12).

Write out any truths to believe. What can I learn about God the Father, Jesus Christ, the Holy Spirit? Write what this scripture says about God or Christ directly or indirectly. Is there anything for which I can praise or thank God?

Note: see example on page 11

Write out a prayer of application

Date: Thursday, January 26

9 Love must be sincere. Hate what is evil; cling to what is good.

10 Be devoted to one another in love. Honor one another above yourselves. **11** Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. **12** Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:9-12

Note: If you need more scripture to answer the questions below, read the passage in its context (Romans 12:1-12).

Pick a specific person in your life (wife, husband, friend, brother, mother, etc...). Write out how this scripture affects your relationship with them... how this scripture affects your relationship with God.

Note: see example on page 14

Write out a prayer of application

Date: Friday, January 27

9 Love must be sincere. Hate what is evil; cling to what is good.

10 Be devoted to one another in love. Honor one another above yourselves. **11** Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. **12** Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:9-12

Note: If you need more scripture to answer the questions below, read the passage in its context (Romans 12:1-12).

Write out any promises to claim (Are they universal promises? Have you met the conditions?) Write out any sins in your life that you need to confess.

Note: see example on page 8

Write out a prayer of application

Date: Saturday, January 28

9 Love must be sincere. Hate what is evil; cling to what is good.

10 Be devoted to one another in love. Honor one another above yourselves. **11** Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. **12** Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:9-12

Note: If you need more scripture to answer the questions below, read the passage in its context (Romans 12:1-12).

Say the scripture out loud three times then in your own words rewrite the passage.

Note: see example on page 12

Write out a prayer of application

Date: Sunday, January 29

9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, **10** your kingdom come, your will be done, on earth as it is in heaven. **11** Give us today our daily bread. **12** And forgive us our debts, as we also have forgiven our debtors. **13** And lead us not into temptation, but deliver us from the evil one.”
Matthew 6:9-13

Note: If you need more scripture to answer the questions below, read the passage in its context (Matthew 6:5-15).

Write out any attitudes to change (Are you willing to work on a negative attitude and build toward a positive one?) and any commands to obey. (Are you willing to learn no matter how you feel?)

Note: see example on page 9

Write out a prayer of application

Date: Monday, January 30

9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, **10** your kingdom come, your will be done, on earth as it is in heaven. **11** Give us today our daily bread. **12** And forgive us our debts, as we also have forgiven our debtors. **13** And lead us not into temptation, but deliver us from the evil one.”
Matthew 6:9-13

Note: If you need more scripture to answer the questions below, read the passage in its context (Matthew 6:5-15).

Write out any examples to follow (is it a positive example for me to copy, or a negative one to avoid?) and any prayers to pray and any errors to avoid (are there any problems that I should be alert to or beware of?)

Note: see example on page 10

Write out a prayer of application

Date: Tuesday, January 31

9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, **10** your kingdom come, your will be done, on earth as it is in heaven. **11** Give us today our daily bread. **12** And forgive us our debts, as we also have forgiven our debtors. **13** And lead us not into temptation, but deliver us from the evil one.”
Matthew 6:9-13

Note: If you need more scripture to answer the questions below, read the passage in its context (Matthew 6:5-15).

Write out any truths to believe. What can I learn about God the Father, Jesus Christ, the Holy Spirit? Write what this scripture says about God or Christ directly or indirectly. Is there anything for which I can praise or thank God?

Note: see example on page 13

Write out a prayer of application

Date: Friday, February 3

9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, **10** your kingdom come, your will be done, on earth as it is in heaven. **11** Give us today our daily bread. **12** And forgive us our debts, as we also have forgiven our debtors. **13** And lead us not into temptation, but deliver us from the evil one.”
Matthew 6:9-13

Note: If you need more scripture to answer the questions below, read the passage in its context (Matthew 6:5-15).

Write out any promises to claim (Are they universal promises? Have you met the conditions?) Write out any sins in your life that you need to confess.

Note: see example on page 8

Write out a prayer of application

Date: Saturday, February 4

9 "This, then, is how you should pray: "Our Father in heaven, hallowed be your name, **10** your kingdom come, your will be done, on earth as it is in heaven. **11** Give us today our daily bread. **12** And forgive us our debts, as we also have forgiven our debtors. **13** And lead us not into temptation, but deliver us from the evil one."
Matthew 6:9-13

Note: If you need more scripture to answer the questions below, read the passage in its context (Matthew 6:5-15).

Say the scripture out loud three times then in your own words rewrite the passage.

Note: see example on page 12

Write out a prayer of application

Date: Sunday, February 5

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Note: If you need more scripture to answer the questions below, read the passage in its context (Philippians 4:4-9).

Write out any attitudes to change (Are you willing to work on a negative attitude and build toward a positive one?) and any commands to obey. (Are you willing to learn no matter how you feel?)

Note: see example on page 9

Write out a prayer of application

Date: Monday, February 6

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Note: If you need more scripture to answer the questions below, read the passage in its context (Philippians 4:4-9).

Write out any examples to follow (is it a positive example for me to copy, or a negative one to avoid?) and any prayers to pray and any errors to avoid (are there any problems that I should be alert to or beware of?)

Note: see example on page 10

Write out a prayer of application

Date: Tuesday, February 7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Note: If you need more scripture to answer the questions below, read the passage in its context (Philippians 4:4-9).

Write out any truths to believe. What can I learn about God the Father, Jesus Christ, the Holy Spirit? Write what this scripture says about God or Christ directly or indirectly. Is there anything for which I can praise or thank God?

Note: see example on page 13

Write out a prayer of application

Date: Wednesday, February 8

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Note: If you need more scripture to answer the questions below, read the passage in its context (Philippians 4:4-9).

Write out something to be thankful for. Write a short prayer specifically for a friend in need.

Note: see example on page 13

Write out a prayer of application

Date: Thursday, February 9

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Note: If you need more scripture to answer the questions below, read the passage in its context (Philippians 4:4-9).

Pick a specific person in your life (wife, husband, friend, brother, mother, etc...). Write out how this scripture affects your relationship with them... how this scripture affects your relationship with God.

Note: see example on page 14

Write out a prayer of application

Date: Friday, February 10

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Note: If you need more scripture to answer the questions below, read the passage in its context (Philippians 4:4-9).

Write out any promises to claim (Are they universal promises? Have you met the conditions?) Write out any sins in your life that you need to confess?

Note: see example on page 8

Write out a prayer of application

Date: Saturday, February 11

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Note: If you need more scripture to answer the questions below, read the passage in its context (Philippians 4:4-9).

Say the scripture out loud three times then in your own words rewrite the passage.

Note: see example on page 12

Write out a prayer of application

Date: Sunday, February 12

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24

Note: If you need more scripture to answer the questions below, read the passage in its context (Ephesians 4:17-32)

Write out any attitudes to change (Are you willing to work on a negative attitude and build toward a positive one?) and any commands to obey. (Are you willing to learn no matter how you feel?)

Note: see example on page 9

Write out a prayer of application

Date: Monday, February 13

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24

Note: If you need more scripture to answer the questions below, read the passage in its context (Ephesians 4:17-32)

Write out any examples to follow (is it a positive example for me to copy, or a negative one to avoid?) and any prayers to pray and any errors to avoid (are there any problems that I should be alert to or beware of?)

Note: see example on page 10

Write out a prayer of application

Date: Tuesday, February 14

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24

Note: If you need more scripture to answer the questions below, read the passage in its context (Ephesians 4:17-32)

Write out any truths to believe. What can I learn about God the Father, Jesus Christ, the Holy Spirit? Write what this scripture says about God or Christ directly or indirectly. Is there anything for which I can praise or thank God?

Note: see example on page 13

Write out a prayer of application

Date: Wednesday, February 15

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24

Note: If you need more scripture to answer the questions below, read the passage in its context (Ephesians 4:17-32)

Write out something to be thankful for. Write a short prayer specifically for a friend in need.

Note: see example on page 13

Write out a prayer of application

Date: Thursday, February 16

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24

Note: If you need more scripture to answer the questions below, read the passage in its context (Ephesians 4:17-32)

Pick a specific person in your life (wife, husband, friend, brother, mother, etc...). Write out how this scripture affects your relationship with them... how this scripture affects your relationship with God.

Note: see example on page 14

Write out a prayer of application

Date: Friday, February 17

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24

Note: If you need more scripture to answer the questions below, read the passage in its context (Ephesians 4:17-32)

Write out any promises to claim (Are they universal promises? Have you met the conditions?) Write out any sins in your life that you need to confess?

Note: see example on page 8

Write out a prayer of application
