

Be still

Find a place where you can encounter God, ask Him to fill the space and take a minute in stillness. Fix your eyes on Jesus and invite the Holy Spirit to guide your time.

Read

Read through the passage for the day. Look for one verse that stands out or interests you. Write out that verse in the 'read' section.

Encounter

Taking your chosen verse, meditate on it. What comes to mind and how does it make you feel? What do you think God is trying to reveal through this verse and allow Him to speak to you. Write a short reflection on what you think He might be saying.

Apply

Now turn your focus outward. Think about how you might apply this to your day and write down how you're going to try and live this out.

Devote

Finally, close by writing a simple prayer of devotion to God. Ask that God would fill you afresh and commit your day to Him.

Day entry example

Title 'Holding nothing back'

Be Still

Read: Matthew 15, (OT option Exodus 33)

v25 The woman came and knelt before him. "Lord help me!" she said.

Encounter

We can come to Jesus utterly broken, vulnerable and in desperate need. We don't have to have it all together, but instead, we get to lie at his feet and simply cry out 'Lord, help me'. He alone has the power to save and he looks upon us with so much grace.

Apply

I don't have to hide from his presence today. I can allow myself to come to him in weakness, to come before him and offer him the deepest longings of my heart. I don't have to retreat or hold back from him, but he invites me to be honest in prayer. When a need arises in me today, I can take it to him in the full assurance that he cares for me.

Devote

Lord, help me. Would I not hold back, but look to you for all I need today.