

BREAKING AN HOUR INTO FOUR SECTIONS

WORSHIP

Spend 15 minutes worshipping, perhaps listening to a favourite worship song or playing an instrument and singing.

BIBLE READING

Spend 15 minutes reading and reflecting on a psalm.

*If you're not sure which psalm to pick, you might want to try one of these:
1, 3, 13, 22, 23, 27, 46, 51, 63, 73, 84, 136 or 148*

Read slowly and attentively, allowing space to understand what you're reading.

When you get to the end, sit quietly and allow God to speak to you through what you've read, perhaps by drawing your attention to a particular word, phrase or verse.

Read the psalm slowly again. This time, try to put the words you are reading into your own words, turning the psalm into a prayer.

ASKING

Spend 15 minutes telling God how you are doing and praying for your own needs

INTERCEDING

Spend 15 minutes praying for others by name, for the church, for mission, for your friends and family, for your workplace...

Kingdom Come