

1. PRAY:

- Good Morning Father!
- I praise you because you are _____(good, loving...)
- Please forgive me for _____(wrong attitude, my sins, something I didn't do) and help me forgive others who hurt me.
- Thank-you Jesus for the blessings you give me, especially_____.
- Lord I pray for others and ask_____.
- I put on the armor of Christ: shield of faith, helmet of salvation, sword of the Spirit, belt of truth, breastplate of righteousness, and the gospel of peace on my feet.
- Grow in me Jesus the fruits of the Holy Spirit: love, joy, patience, kindness, goodness, faith, gentleness, and self control

2. READ:

- Ask God to teach you something in what you are about to read.
- Find a story/passage and read silently.

3. LET JESUS LOVE YOU

- Think about what the story/passage says. What does God want you to learn/see? Listen to Him.
- Reread aloud the passage or part of a passage from what you just read.
- Record the date and passage (for example: John 3: 16).
- Write what the passage means, about what God wants you to learn from this, and about how you can apply it to your life.
- Pray and ask God to use what you have just learned in your life. Also, pray about anything else that is on your mind.

My Time With God +

Hands and Heart
Susan and Cindy

