

DAILY PRAYER GUIDE

SMALL GROUP GUIDE & PRAYER JOURNAL

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HOW THE DPG WORKS

It can take just a few minutes, or you can spend an hour. Set aside a bit of your time for God. Every day, find a quiet spot, even if it's in your car before work or in bed before you close your eyes. Open this up and pray through the steps given for each day. Follow the instructions and focus as you read scripture and pray.

A SIMPLE METHOD FOR HEARING GOD

Here are 6 simple steps to use as you're reading the Bible. Take your time and spend a few minutes on each step as you hear from God.

RELAX - Find a calm place and take a few deep breaths. Focus your mind on listening for God's voice.

READ - Read the word of God. It can be just a few verses or maybe an entire chapter.

FOCUS - Center your attention on the verses and ask God to highlight parts of the Scripture to you.

RESPOND - Write down or think about what the verses bring to mind and how they move you.

REST - Let your mind flow over the truth and goodness of God's word.

RESOLVE - With joy and reverence, choose to follow what God is saying through His Scripture.

This is something you can practice every time you make room to hear God. His desire is to speak to us every day. These steps can help you to focus on his voice.

MARCH

MARCH 1

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"God, I trust you and your Word. I want to grow closer to you today and better understand your promises to me. I commit this time to you and say 'yes' to what you reveal to me during this time. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, "He is...". Exhale slowly and say to yourself, "...with me." Repeat this three times. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

*Psalm 73:26
My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.*

*Mark 4:39
[Jesus] got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.*

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

*Psalm 69 Psalm 73 Psalm 95 Genesis 43:1-15 Mark 4:35-41
1 Corinthians 7:1-9*

So What's Next? • In this story from Mark, Jesus rebukes the wind and the waves and they become still. The disciples are in awe of Jesus' power over nature. Where do you need Jesus to tell things to be still in your life? Spend a few moments pondering this, then invite his kingdom to come in that area of your life.

MARCH 2

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, thank you for this time together. I want to know you better and grow in my faith. As I dive into your Word today, please meet me there. Reveal yourself to me through these verses and show me how to live out my faith. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 27:7

*Hear my voice when I call, Lord;
be merciful to me and answer me.*

Mark 5:19-20

Jesus did not let him, but said, “Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.” So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 23
Mark 5:1-20

Psalm 27

Psalms 75-76
1 Corinthians 7:10-24

Genesis 43:16-34

So What’s Next? • Take a few moments to examine your life. Where do you need God’s mercy? Journal your thoughts, then invite a friend to pray with you.

MARCH 3

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in for 4 seconds. Exhale for 8 seconds. Identify one thing that is distracting you, burdening you, or worrying you today. Breathe in and say to yourself, "Lord...". Breathe out and say to yourself, "I lay this down." Repeat as many times as you need for each distraction, burden, or worry today. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 96:13b
He will judge the world in righteousness
and the peoples in his faithfulness.

Romans 8:1-2
Therefore, there is now no condemnation for those who are in Christ Jesus,
because through Christ Jesus the law of the Spirit who gives life has set you free
from the law of sin and death.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalm 34 *Psalm 93* *Psalm 96* *Genesis 44:1-17* *John 5:25-29*
Romans 8:1-10

So What's Next? • The good news of Jesus is that he sets us free from our life of sin! Who in your life needs to hear this good news? Spend some time in prayer for that person, then send them a text or email letting them know you're praying for them.

MARCH 4

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"God, I trust you and your Word. I want to grow closer to you today and better understand your promises to me. I commit this time to you and say 'yes' to what you reveal to me during this time. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, "He is...". Exhale slowly and say to yourself, "...with me." Repeat this three times. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 77:1

*I cried out to God for help;
I cried out to God to hear me.*

Mark 5:33-34

Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalm 77

Psalm 79

Psalm 80

Genesis 44:18-34

Mark 5:21-43

1 Corinthians 7:25-31

So What's Next? • Thankfully, we serve a God who brings hope to the hopeless, healing to the sick, sight to the blind, and freedom to the prisoner. Take some time today to thank God for the ways he has moved in your life, whether through freedom, healing, or hope. Use the space provided to journal what comes to mind.

MARCH 5

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Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 78:4

*We will not hide them from their descendants;
we will tell the next generation
the praiseworthy deeds of the Lord,
his power, and the wonders he has done.*

Mark 6:12-13

They went out and preached that people should repent. They drove out many demons and anointed many sick people with oil and healed them.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 78

Genesis 45:1-15

Mark 6:1-13

1 Corinthians 7:32-40

So What’s Next? • In this chapter of Mark, Jesus sends out his disciples to preach the good news of the Kingdom of God. One of the great things about following Jesus is that he invites us to the work of the Kingdom! What is God inviting you to? Write down three things that come to mind, then commit to praying about them throughout the day.

MARCH 6

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"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in for 4 seconds. Exhale for 8 seconds. Identify one thing that is distracting you, burdening you, or worrying you today. Breathe in and say to yourself, "Lord...". Breathe out and say to yourself, "I lay this down." Repeat as many times as you need for each distraction, burden, or worry today. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 119:105

*Your word is a lamp for my feet,
a light on my path.*

1 Corinthians 8:13

Therefore, if what I eat causes my brother or sister to fall into sin, I will never eat meat again, so that I will not cause them to fall.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalms 81-82

Psalm 119:97-120

Genesis 45:16-28

Mark 6:13-29

1 Corinthians 8

So What's Next? • The psalmist says above that God's word, or scripture, is a light on his path. Do you view scripture this way? Do you let God's word guide you and lead you through life? If not, what's preventing you from this? If so, where is he leading you? Either way, take some time to journal your thoughts.

MARCH 7

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Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, "He is...". Exhale slowly and say to yourself, "...with me." Repeat this three times. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 86:1-2

*Hear me, Lord, and answer me,
for I am poor and needy.
Guard my life, for I am faithful to you;
save your servant who trusts in you.*

Mark 6:31

Then, because so many people were coming and going that they did not even have a chance to eat, [Jesus] said to them, "Come with me by yourselves to a quiet place and get some rest."

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

*Psalms 42-43
Mark 6:30-46*

*Psalm 83
1 Corinthians 9:1-15*

Psalms 85-86

Genesis 46:1-7, 28-34

So What's Next? • In the section from Mark above, even Jesus recognizes the need for rest. How is your soul? How is your mind? Your body? Do you need rest for these three? What would that look like for you? Plan a time in the next week where you can practice rest for one of these.

MARCH 8

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Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 92:1

*It is good to praise the Lord
and make music to your name, O Most High,*

Mark 6:56

And wherever he went—into villages, towns or countryside—they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched it were healed.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 88

Psalms 91-92

Psalm 95

Genesis 47:1-26

Mark 6:47-56

1 Corinthians 9:16-27

So What’s Next? • Everywhere Jesus went, people were clamoring for his healing. It’s often mentioned that he had compassion on the people, and healed those who came to him. Where do you need healing? Take a moment to give that to Jesus, and invite his healing hand to come and touch you.

MARCH 9

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"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in for 4 seconds. Exhale for 8 seconds. Identify one thing that is distracting you, burdening you, or worrying you today. Breathe in and say to yourself, "Lord...". Breathe out and say to yourself, "I lay this down." Repeat as many times as you need for each distraction, burden, or worry today. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 90:2

*Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.*

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalm 87 Psalm 90 Psalm 136 Genesis 47:27-48:7 Mark 7:1-23
1 Corinthians 10:1-13

So What's Next? • God has always been, and always will be. Sometimes, most times, our minds, even as intelligent as we are, still get confused about God's eternal nature. Spend 5 minutes pondering eternity and what that must be like, then celebrate that God outlasts even our imagination!

MARCH 10

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“God, I trust you and your Word. I want to grow closer to you today and better understand your promises to me. I commit this time to you and say ‘yes’ to what you reveal to me during this time. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “He is...”. Exhale slowly and say to yourself, “...with me.” Repeat this three times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

*Psalm 46:1
God is our refuge and strength,
an ever-present help in trouble.*

*John 6:35
Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”*

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

*Psalm 19 Psalm 46 Psalms 66-67 Genesis 48:8-22 John 6:27-40
Romans 8:11-25*

So What’s Next? • What does it mean for God to be your refuge and strength? Spend a few minutes journaling your thoughts, then at the end of the day, come back and journal whatever else the Lord might have spoken to you.

MARCH 11

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Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 89:14-15

*Righteousness and justice are the foundation of your throne;
love and faithfulness go before you.
Blessed are those who have learned to acclaim you,
who walk in the light of your presence, Lord.*

1 Corinthians 11:1

Follow my example, as I follow the example of Christ.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 89 Genesis 49:1-28 Mark 7:24-37 1 Corinthians 10:14-11:1

So What’s Next? • Paul asks the church of Corinth to follow his example as he follows Jesus’ example for us. How do you example the life of Christ in your life? Do you follow his lead? Do you look to live the way he did, with humility, peace, grace, mercy, and trust? Journal your thoughts.

MARCH 12

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"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

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God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 97:1-2

*The Lord reigns, let the earth be glad;
let the distant shores rejoice.
Clouds and thick darkness surround him;
righteousness and justice are the foundation of his throne.*

1 Corinthians 11:26

For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

*Psalms 94-95
Mark 8:1-10*

*Psalm 97
1 Corinthians 11:17-34*

Psalms 99-100

Genesis 49:29-50:14

So What's Next? • Did you know communion isn't just a church service thing? You can receive communion wherever you are, whenever you are! Communion is meant to be a way for us to both remember Jesus' sacrifice for us, AND to proclaim Jesus' death and resurrection to those around us! What would it be like to practice communion today in your home or at work?

MARCH 13

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“God, I trust you and your Word. I want to grow closer to you today and better understand your promises to me. I commit this time to you and say ‘yes’ to what you reveal to me during this time. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “He is...”. Exhale slowly and say to yourself, “...with me.” Repeat this three times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 101:4

*The perverse of heart shall be far from me;
I will have nothing to do with what is evil.*

Mark 8:11-12

The Pharisees came and began to question Jesus. To test him, they asked him for a sign from heaven. He sighed deeply and said, “Why does this generation ask for a sign? Truly I tell you, no sign will be given to it.”

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 101

Psalm 109

Psalm 119:121-144

Genesis 50:15-26

Mark 8:11-26

1 Corinthians 12:1-11

So What’s Next? • Can you make this same promise as the psalmist above? Will you have nothing to do with what is evil? Can you imagine a life like that, fleeing from the evil around you? Chat with a friend about this idea, then journal some thoughts.

MARCH 14

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“God, thank you for this time together. I want to know you better and grow in my faith. As I dive into your Word today, please meet me there. Reveal yourself to me through these verses and show me how to live out my faith. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 69:29

*But as for me, afflicted and in pain—
may your salvation, God, protect me.*

Mark 8:34-35

Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.”

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 69

Psalm 73

Exodus 1:6-22

Mark 8:27-9:1

1 Corinthians 12:12-26

So What’s Next? • Like Jesus says above, what do you need to deny for yourself? Where do you need to let go and invite Jesus into? As you pray throughout your day, invite God to show you these areas.

MARCH 15

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God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

*Psalm 102:17
He will respond to the prayer of the destitute;
he will not despise their plea.*

*1 Corinthians 12:27
Now you are the body of Christ, and each one of you is a part of it.*

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

*Psalm 95 Psalm 102 Psalm 107 Exodus 2:1-22 Mark 9:2-13
1 Corinthians 12:27-13:3*

So What's Next? • You, yes you, are a part of the body of Christ! That means we're all together, in one body. What do you bring to this body? Is it contributing to the health of the body? Is it creating division? Is it pulling in wrong directions? Spend some time in prayer pondering these things.

CHECK IN

You've made it to the halfway point! March is halfway over, but God isn't finished speaking to you! What have you heard so far this month? Take a few moments and reflect on what God has spoken to you, and let us know. We'd love to be a part of your journey. Email SHV or Larkspur Church at dpg@shvchurch.org with the stories of what God is doing in your life.

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God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 108:3-4

I will praise you, Lord, among the nations;

I will sing of you among the peoples.

For great is your love, higher than the heavens;

your faithfulness reaches to the skies.

1 Corinthians 13:4-5

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 33

Psalms 107:33-108:13

Exodus 2:23-3:15

Mark 9:14-29

1 Corinthians 13

So What’s Next? • Reflect on the verse above from Paul’s letter to the church in Corinth. Is it hard to believe that God loves us so selflessly? We are called to love others in the same way. Is there someone in your life who you need to love in a more selfless way? Make a plan for how that might look over the next week. Pray for the Lord to help you enact it.

MARCH 17

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, thank you for this time together. I want to know you better and grow in my faith. As I dive into your Word today, please meet me there. Reveal yourself to me through these verses and show me how to live out my faith. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 118:8-9

*It is better to take refuge in the Lord
than to trust in humans.
It is better to take refuge in the Lord
than to trust in princes.*

Romans 12:9-10

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 118
Romans 12

Psalm 145

Exodus 3:16-4:12

John 8:46-59

So What’s Next? • Paul tells the early Christian church in Rome to honor one another above themselves. To honor someone is to give them value. People yearn to feel valued. Who can you bless today with kind words or gestures that show how much you value them? What will those words be? Commit to following through with honoring someone today.

MARCH 18

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in for 4 seconds. Exhale for 8 seconds. Identify one thing that is distracting you, burdening you, or worrying you today. Breathe in and say to yourself, "Lord...". Breathe out and say to yourself, "I lay this down." Repeat as many times as you need for each distraction, burden, or worry today. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 31:2

*Turn your ear to me,
come quickly to my rescue;
be my rock of refuge,
a strong fortress to save me.*

Mark 9:39-40

"Do not stop him," Jesus said. "For no one who does a miracle in my name can in the next moment say anything bad about me, for whoever is not against us is for us."

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalm 31 Psalm 35 Exodus 4:10-31 Mark 9:30-41
1 Corinthians 14:1-19

So What's Next? • Think about an area in your life where you need God's help—for Him to come quickly to your rescue. Spend the next 5 minutes in prayer about it. Thank God for hearing your request.

MARCH 19

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, I trust you and your Word. I want to grow closer to you today and better understand your promises to me. I commit this time to you and say ‘yes’ to what you reveal to me during this time. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “He is...”. Exhale slowly and say to yourself, “...with me.” Repeat this three times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 34:4-5

*I sought the Lord, and he answered me;
he delivered me from all my fears.
Those who look to him are radiant;
their faces are never covered with shame.*

Ephesians 3:17-19

And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 34 Psalm 132 Isaiah 63:7-16 Matthew 1:18-25
Ephesians 3:14-21

So What’s Next? • When was the last time you asked the Lord to help you get over a fear? Sometimes we can’t change our circumstances, but we can ask God to deliver us from the fear and anxiety we feel in the midst of those circumstances. Pray about that now or offer to pray with someone else today who may be struggling instead.

MARCH 20

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, thank you for this time together. I want to know you better and grow in my faith. As I dive into your Word today, please meet me there. Reveal yourself to me through these verses and show me how to live out my faith. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 119:169-170

*May my cry come before you, Lord;
give me understanding according to your word.
May my supplication come before you;
deliver me according to your promise.*

Mark 10:15-16

“Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.” And he took the children in his arms, placed his hands on them and blessed them.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

*Psalm 119:145-176
2 Corinthians 2:14-3:6*

Psalms 128-130

Exodus 7:8-24

Mark 10:1-16

So What’s Next? • What does it mean to receive the kingdom of God like a little child and why do you think Jesus made it the critical criteria for entering the kingdom? He was turning the disciple’s notion of pride and greatness upside down! Think about one area of your life in which you struggle with pride. Ask God to help you think differently.

MARCH 21

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in for 4 seconds. Exhale for 8 seconds. Identify one thing that is distracting you, burdening you, or worrying you today. Breathe in and say to yourself, "Lord...". Breathe out and say to yourself, "I lay this down." Repeat as many times as you need for each distraction, burden, or worry today. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 133:1-2a
How good and pleasant it is
when God's people live together in unity!
It is like precious oil poured on the head.

2 Corinthians 3:17
Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalms 131-133 *Psalm 140* *Psalm 142* *Exodus 7:25-8:19*
Mark 10:17-31 *2 Corinthians 3:7-18*

So What's Next? • When we say yes to following Jesus, we are filled with the Holy Spirit. The Spirit of the Lord is always with us! Paul wrote to the church in Corinth that freedom comes from the presence of the Holy Spirit. In what ways do you experience freedom as a follower of Jesus? Journal about them.

MARCH 22

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, I trust you and your Word. I want to grow closer to you today and better understand your promises to me. I commit this time to you and say ‘yes’ to what you reveal to me during this time. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “He is...”. Exhale slowly and say to yourself, “...with me.” Repeat this three times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 95:1-2

*Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.*

Mark 10:43-45

Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 22

Psalm 95

Psalm 141

Psalm 143

Exodus 9:13-35

Mark 10:32-45

2 Corinthians 4:1-12

So What’s Next? • It’s that time again! Choose a new song for your worship playlist or add an old song that you haven’t played in a while. Listen carefully to the words and let the song draw you into a conversation with the Lord.

MARCH 23

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, thank you for this time together. I want to know you better and grow in my faith. As I dive into your Word today, please meet me there. Reveal yourself to me through these verses and show me how to live out my faith. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

*Psalm 42:8
By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.*

*2 Corinthians 4:18
So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

*Psalms 42-43 Psalm 137 Psalm 144 Exodus 10:21-11:8
Mark 10:46-52 2 Corinthians 4:13-18*

So What’s Next? • It’s easy to fall into our daily grind and be influenced by the stressors of our lives. Commit today to spending a few minutes every hour focused instead on the eternal. Set an alarm on your phone to prompt you to enter into that holy time with the Lord, thanking him for his love and faithfulness amidst the chaos the world brings.

MARCH 24

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in for 4 seconds. Exhale for 8 seconds. Identify one thing that is distracting you, burdening you, or worrying you today. Breathe in and say to yourself, "Lord...". Breathe out and say to yourself, "I lay this down." Repeat as many times as you need for each distraction, burden, or worry today. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 29:11

*The Lord gives strength to his people;
the Lord blesses his people with peace.*

Luke 19:47-48

Every day he was teaching at the temple. But the chief priests, the teachers of the law and the leaders among the people were trying to kill him. Yet they could not find any way to do it, because all the people hung on his words.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalm 24

Psalm 29

Psalm 103

Zechariah 9:9-12, 12:9-11

Zechariah 13:1, 7-9

Luke 19:41-48

1 Timothy 6:12-16

So What's Next? • Imagine being in the temple listening to Jesus. In the verse above in the Gospel of Luke, we read that the people hung on to Jesus' words. What words spoken by Jesus in the Bible have impacted you the most? Write them in your journal along with the reason why those words hold so much meaning for you.

MARCH 25

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, I trust you and your Word. I want to grow closer to you today and better understand your promises to me. I commit this time to you and say ‘yes’ to what you reveal to me during this time. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “He is...”. Exhale slowly and say to yourself, “...with me.” Repeat this three times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 51:10-11

*Create in me a pure heart, O God,
and renew a steadfast spirit within me.
Do not cast me from your presence
or take your Holy Spirit from me.*

2 Corinthians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 51 Psalm 69:1-23 Lamentations 1:1-2,6-12 Mark 11:12-25
2 Corinthians 1:1-7

So What’s Next? • How beautiful that we can use the comfort given to us by God to comfort others. Who do you know that needs to be comforted today? Share some encouraging words or just be present to that person’s needs. Pray with them or intercede in silent prayer for them as well.

MARCH 26

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, thank you for this time together. I want to know you better and grow in my faith. As I dive into your Word today, please meet me there. Reveal yourself to me through these verses and show me how to live out my faith. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 6:2-3

*Have mercy on me, Lord, for I am faint;
heal me, Lord, for my bones are in agony.
My soul is in deep anguish.
How long, Lord, how long?*

2 Corinthians 1:20

For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 6 Psalm 12 Psalm 94 Lamentations 1:17-22
Mark 11:27-33 2 Corinthians 1:8-22

So What’s Next? • Sometimes when we are suffering from a hardship or ailment, we become discouraged and may even begin to believe the Lord is not close to us. But His Word promises he is close to the broken hearted. Don’t stop taking your requests to God. He hears them! Tell Him how you are feeling and be comforted by His presence and trust in His timing.

MARCH 27

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in for 4 seconds. Exhale for 8 seconds. Identify one thing that is distracting you, burdening you, or worrying you today. Breathe in and say to yourself, "Lord...". Breathe out and say to yourself, "I lay this down." Repeat as many times as you need for each distraction, burden, or worry today. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 55:16-17

*As for me, I call to God,
and the Lord saves me.
Evening, morning and noon
I cry out in distress,
and he hears my voice.*

2 Corinthians 1:7-8

Now instead, you ought to forgive and comfort him, so that he will not be overwhelmed by excessive sorrow. I urge you, therefore, to reaffirm your love for him.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalm 55 Psalm 74 Lamentations 2:1-9,14-17 Mark 12:1-11
2 Corinthians 1:23-2:11

So What's Next? • Forgiving can be hard, can't it? But we are called to forgive just as we have been forgiven by God. Who do you need to forgive? Write that person's name on a piece of paper and commit to praying for them, and for the strength and courage to forgive them.

MARCH 28

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"God, I trust you and your Word. I want to grow closer to you today and better understand your promises to me. I commit this time to you and say 'yes' to what you reveal to me during this time. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, "He is...". Exhale slowly and say to yourself, "...with me." Repeat this three times. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 142:3

*When my spirit grows faint within me,
it is you who watches over my way.*

Mark 14:22-24

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take it; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it. "This is my blood of the covenant, which is poured out for many," he said to them.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalm 102

Psalms 142-143

Lamentations 2:10-18

Mark 14:12-25

1 Corinthians 11:27-32

So What's Next? • Communion is such a powerful way to remember Jesus and the sacrifice of His blood and body for us. Grab something to drink and a cracker or piece of bread and take communion right now. Read the verse in Mark 14 as you spend a few minutes with the Lord.

MARCH 29

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, thank you for this time together. I want to know you better and grow in my faith. As I dive into your Word today, please meet me there. Reveal yourself to me through these verses and show me how to live out my faith. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 95:1-2

*Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.*

1 Peter 1:14-16

As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: “Be holy, because I am holy.”

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalm 22 Psalm 40 Psalm 95 Lamentations 3:1-9,19-33
John 13:36-38, 19:38-42 1 Peter 1:10-20

So What’s Next? • Lent can be a time where we give something up or add a practice that helps draw us closer to God and remind us of the sacrifice Jesus made for each of us. Think about your Lent practice this year. What impact did it have on you and your faith? If you didn’t adopt a practice, it’s never too late! Choose one right now and spend the next 40 days letting it transform something in you.

MARCH 30

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

"Lord, you are worthy of all my honor and praise. I need you today. Help me to be transformed by your presence. Reveal your will for me as I study your Word. I commit this time to you. In Jesus' name, Amen."

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in for 4 seconds. Exhale for 8 seconds. Identify one thing that is distracting you, burdening you, or worrying you today. Breathe in and say to yourself, "Lord...". Breathe out and say to yourself, "I lay this down." Repeat as many times as you need for each distraction, burden, or worry today. When you're ready, open your eyes and begin reading the Word.

God's Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 27:4a

*One thing I ask from the Lord,
this only do I seek:
that I may dwell in the house of the Lord
all the days of my life..*

Romans 8:11

And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God's Word with today's reading plan from the Book of Common Prayer.

Psalm 27 Psalm 88 Psalm 95 Lamentations 3:37-58
Romans 8:1-11 Hebrews 4

So What's Next? • The psalmist asked for one thing only...to dwell in the house of the Lord every day! Spend a few minutes imagining what he was seeking in the verse above. What would it look like and feel like to be in God's presence all day, every day? Is that something you want to seek as well? Why or why not?

MARCH 31

Invitation • As you begin your time with God, take just a moment to invite Him to speak to you, both during your prayer, and through His Word. Use these words for your prayer if you need help getting started:

“God, thank you for this time together. I want to know you better and grow in my faith. As I dive into your Word today, please meet me there. Reveal yourself to me through these verses and show me how to live out my faith. In Jesus’ name, Amen.”

Be Still and Quiet • Prepare your heart and mind for this time with the Lord. Close your eyes. Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my rock.” Breathe in and say to yourself, “God is...”. Exhale slowly and say to yourself, “my fortress.” Repeat this 3 times. When you’re ready, open your eyes and begin reading the Word.

God’s Word • As you read through the passage below, listen for a word or phrase that stands out to you:

Psalm 150:6

Let everything that has breath praise the Lord.

Praise the Lord.

John 1:1-4

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind.

Listening • How did you hear from God in your prayer time or through these verses? Did a specific word or phrase stand out to you? Write that below:

Grab Your Bible • Dig deeper into God’s Word with today’s reading plan from the Book of Common Prayer.

Psalms 113-114

Isaiah 51:9-11

Psalm 118

Luke 24:13-35

Psalms 148-150

John 1:1-18

Exodus 12:1-14

John 20:19-23

So What’s Next? • He is risen! Celebrate the resurrection of our Lord and Savior today! Re-read the story in Matthew 28, Mark 16, Luke 24, and John 20. How are the accounts similar? How are they different? Which one is your favorite account and why?

CHECK IN

You made it! How was your month of focusing on God's word and listening to Jesus? We hope you encountered Jesus each and every day. Share your stories with SHV or Larkspur Church by emailing dpg@shvchurch.org and let us join you on your journey!

START THE JOURNEY

Maybe this month was filled with a connection to God that you've never experienced before, and you'd like to know more about who Jesus is and how he transforms lives. If so, we want to invite you to start the journey! Here's how:

Hear the good news of the Gospel

John 3:16-17

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

Repent (meaning turn toward God & away from your old life) and believe

Mark 1:14-15

...Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

Believe and confess

Romans 10:9-10

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

And finally, tell us so that we can celebrate with you!

Email dpg@shvchurch.org to let us know you've started the journey, or if you have any questions!