

# 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.



**MAY**

# MAY 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 119:145  
I call with all my heart; answer me, Lord,  
and I will obey your decrees.*

*John 12:25  
Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.*

**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:

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

*Psalm 119:137-160      Psalm 139      Job 23:1-12      John 1:43-51  
John 12:20-26*

**So What’s Next?** • Jesus says to serve him we must follow him. Take a moment to think about the past week. How have you followed Jesus this week? How have you turned from him? Take some time to journal these thoughts, then turn them into a prayer of repentance and turn back to Jesus!

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 71:19  
Your righteousness, God, reaches to the heavens,  
you who have done great things.  
Who is like you, God?*

*2 Thessalonians 1:5  
All this is evidence that God’s judgment is right, and as a result you will be counted worthy of the kingdom of God, for which you are 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:

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

*Psalms 70-71      Psalm 74      Leviticus 19:26-37      Matthew 6:25-34  
2 Thessalonians 1*

**So What’s Next?** • The psalmist above asks a great question...who IS like God?? Take a few moments to write down some of the amazing ways you’ve experienced God’s love throughout your life, then share with a friend.



**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 106:2-3*  
*Who can proclaim the mighty acts of the Lord*  
*or fully declare his praise?*  
*Blessed are those who act justly,*  
*who always do what is right.*

*Matthew 7:1-2*  
*"Do not judge, or you too will be judged. For in the same way you judge others,*  
*you will be judged, and with the measure you use, it will be measured to 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:

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

*Psalm 106      Leviticus 23:1-22      Matthew 7:1-12      2 Thessalonians 2*

**So What's Next?** • Judging others isn't our job! Isn't that a relief?! But it's something we all struggle with pretty much all the time. Whether it's judging what someone is wearing, or their behavior, or whatever it might be, that's not the way God has called us to live. Invite God to highlight where you judge others the most, then give that to him. Then, ask him for more compassion for others and see what happens!

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 75:1*  
*We praise you, God,*  
*we praise you, for your Name is near;*  
*people tell of your wonderful deeds.*

*2 Thessalonians 3:1*  
*As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with 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:

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

<i>Psalm 23</i>	<i>Psalm 27</i>	<i>Psalms 75-76</i>	<i>Leviticus 23:23-44</i>
<i>Matthew 7:13-21</i>	<i>2 Thessalonians 3</i>		

**So What’s Next?** • Paul took building the church pretty seriously. In this letter of 2 Thessalonians, he asks specifically to pray for the message of Jesus to spread. Let’s join the ancient church in this. Take five minutes today to ask God to spread his church. First in Aurora and Larkspur, then our country, and then the whole world.



## MAY 5

**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:

*Psalms 34:22*

*The Lord will rescue his servants;  
no one who takes refuge in him will be condemned.*

*James 1:2-3*

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.*

**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:

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

*Psalms 34*

*Psalms 93*

*Psalms 96*

*Leviticus 25:1-17*

*Luke 12:13-21*

*James 1:2-8, 16-18*

**So What's Next?** • What kinds of trials are you facing in your life right now? James, the brother of Jesus, said that we should count this testing of our faith as a blessing, for it increases our perseverance. Whatever you're facing, God hasn't abandoned you! Take a few minutes in prayer to ask God to meet you in the middle of your trial, and for the strength to get through it.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 6

**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 77:2*  
*When I was in distress, I sought the Lord;*  
*at night I stretched out untiring hands,*  
*and I would not be comforted.*

*Colossians 1:9*  
*For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives,*

**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:

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**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      Leviticus 25:35-55*  
*Matthew 13:1-16      Colossians 1:9-14*

**So What's Next?** • Just like Paul prayed for the first century church, the pastors at Smoky Hill Vineyard and Larkspur Church are praying for you! We love you, we're thankful for you, and we are so grateful to be on this journey of following Jesus with you. If you have a specific prayer request, please email us at [prayer@shvchurch.org](mailto:prayer@shvchurch.org).



**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

## MAY 7

**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 78-32*

*In spite of all this, they kept on sinning;  
in spite of his wonders, they did not believe.*

*1 Timothy 2:5-6*

*For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a ransom for all people. This has now been witnessed to at the proper time.*

**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:

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

*Psalm 78*

*Leviticus 26:1-20*

*Matthew 13:18-23*

*1 Timothy 2:1-6*

**So What's Next?** • In his first letter to Timothy, Paul explains that Jesus is the mediator between us and God. Our sin has messed up the relationship, but Jesus came to earth, died and was resurrected so that we could have a right relationship with God. Take a few moments in prayer today thanking Jesus for what he has done for us!

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 8

**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 68:20*  
*Our God is a God who saves;*  
*from the Sovereign Lord comes escape from death.*

*Revelation 5:13*  
*Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, saying:*  
*“To him who sits on the throne and to the Lamb*  
*be praise and honor and glory and power,*  
*for ever and ever!”*

**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:

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

*Psalm 68      2 Kings 2:1-15      Revelation 5*

**So What’s Next?** • Thankfully, Jesus has been given all authority on heaven and earth. So this picture of him in Revelation shows him on the throne receiving his due praise. As you go throughout your day, any time you think of Jesus, imagine him sitting on his throne, full of power and glory, fighting for us!

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 9

**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 96:13  
Let all creation rejoice before the Lord, for he comes,  
he comes to judge the earth.  
He will judge the world in righteousness  
and the peoples in his faithfulness.*

*Matthew 28:19-20  
“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”*

**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:

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

<i>Psalm 8</i>	<i>Psalm 24</i>	<i>Psalm 47</i>	<i>Psalm 96</i>	<i>Daniel 7:9-14</i>
<i>Matthew 28:16-20</i>	<i>Hebrews 2:5-18</i>			

**So What’s Next?** • Jesus’ last words to his disciples were pretty simple. Baptize people, and teach them to follow what I taught you. And then he promises he’s with us, always. As you reflect on the previous day, where did you follow Jesus’ commands? Where did you turn from him and choose a different way? As you process, turn your thoughts into a prayer of repentance.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

## MAY 10

**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:

*Psalms 92:8*

*But you, Lord, are forever exalted.*

*Ephesians 2:4-5*

*But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.*

**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:

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

*Psalms 85-86*

*Psalms 91-92*

*1 Samuel 2:1-10*

*Matthew 7:22-27*

*Ephesians 2:1-10*

**So What's Next?** • It was because of his great love for us that Jesus was willing to die for us. When was the last time you told him 'thank you.' Spend a few moments doing that now. Even if you don't have other words, 'thank you Jesus' is enough!



**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

## MAY 11

**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 90:1*

*Lord, you have been our dwelling place  
throughout all generations.*

*Ephesians 2:19-20*

*Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.*

**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:

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**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*

*Numbers 11:16-17, 24-29*

*Matthew 7:28-8:4*

*Ephesians 2:11-22*

**So What's Next?** • If you're honest, is God your dwelling place? Do you run to him in times of trouble? Some of us prefer to fix it all on our own, some try to run from it. Wherever you fall on that scale, take a moment to imagine what it would be like to turn to God *first*, before anything else. Journal your thoughts below.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 12

**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 19:13  
Keep your servant also from willful sins;  
may they not rule over me.  
Then I will be blameless,  
innocent of great transgression.*

*Hebrews 12:28-29  
Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire."*

**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:

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**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      Exodus 3:1-12      Luke 10:17-24  
Hebrews 12:18-29*

**So What's Next?** • Isn't it great news that God's kingdom cannot be shaken?! His kingdom is in no danger, no chance of it being overthrown, no chance of it crumbling. With him we are completely and totally safe. Spend a few minutes thinking about that, then journal your thoughts.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 13

**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 89:5*  
*The heavens praise your wonders, Lord,*  
*your faithfulness too, in the assembly of the holy ones.*

*Matthew 8:16-17*  
*When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick. This was to fulfill what was spoken through the prophet Isaiah:*  
*“He took up our infirmities*  
*and bore our diseases.”*

**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:

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

*Psalm 89      Joshua 1:1-9      Matthew 8:5-17      Ephesians 3:1-13*

**So What’s Next?** • Have you ever looked at the sky and thought about how amazing God is? It’s pretty easy when we live in such a beautiful place. Colorado sunsets are some of the most incredible looking scenes we’ll ever see....but they only point to God’s glory! He’s even more beautiful, more powerful, and more grandiose. This week, at least once, intentionally make space to watch the sunrise or sunset, then thank God for his awesomeness.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

MAY 14

**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:

*Psalms 97:12*  
*Rejoice in the Lord, you who are righteous,*  
*and praise his holy name.*

*Ephesians 3:20-21*  
*Now to him who is able to do immeasurably more than all we ask or imagine,*  
*according to his power that is at work within us, to him be glory in the church*  
*and in Christ Jesus throughout all generations, for ever and ever! Amen.*

**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:

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

<i>Psalms 94-95</i>	<i>Psalm 97</i>	<i>Psalms 99-100</i>	<i>1 Samuel 16:1-13</i>
<i>Matthew 8:18-27</i>	<i>Ephesians 3:14-21</i>		

**So What’s Next?** • Have you ever thought about what that means that God’s power is at work in us? Think about the person you were *before* you met Jesus. Who are you now? How have you changed? Share those thoughts with a friend.



**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 15

**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 109:26  
Help me, Lord my God;  
save me according to your unfailing love.*

*Ephesians 4:1-2  
As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love.*

**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:

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**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      Isaiah 4:2-6  
Matthew 8:28-34      Ephesians 4:1-16*

**So What's Next?** • Paul calls us to live a life worthy of the call we have received. That means to live like Jesus! To actually work towards becoming more like him. Take a few moments to invite the Holy Spirit to come work in you and transform you from the inside out.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# CHECK IN

*You've made it to the halfway point! May 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](mailto:dpg@shvchurch.org) with the stories of what God is doing in your life.*



## MAY 16

**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 105:1*

*Give praise to the Lord, proclaim his name;  
make known among the nations what he has done.*

*Ephesians 4:29*

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

**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:

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

*Psalm 105*

*Zechariah 4*

*Matthew 9:1-8*

*Ephesians 4:17-32*

**So What's Next?** • Pretty strong words here...no unwholesome talk. Often this is used to shame people who use swear words or crass language. But it can be even more than that! Every time we speak ill of others, or speak down to people, we're not living like Jesus. How does your language need to change? Are you building others up? Are your words benefitting others? Ask God to reveal to you where your words might be causing you to sin, and ask for forgiveness!

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 102:1-2*  
*Hear my prayer, Lord;*  
*let my cry for help come to you.*  
*Do not hide your face from me*  
*when I am in distress.*  
*Turn your ear to me;*  
*when I call, answer me quickly.*

*Ephesians 5:14*  
*“Wake up, sleeper,*  
*rise from the dead,*  
*and Christ will shine on 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:

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

*Psalm 102      Psalm 107      Jeremiah 31:27-34      Matthew 9:9-17*  
*Ephesians 5:1-20*

**So What’s Next?** • The Lord hears your cries! Whatever is going on in your life, God knows, sees, and is working in ways you may not understand. We’re with you, and we’re praying for you. Let us know specifics by emailing [prayer@shvchurch.org](mailto:prayer@shvchurch.org). May God bless you as you continue to trust him, turn to him, and cry out to him.





# MAY 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 33:4  
For the word of the Lord is right and true;  
he is faithful in all he does.*

*1 Peter 2:9  
But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.*

**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:

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

*Psalm 33      Exodus 19:3-8, 16-20      1 Peter 2:4-10*

**So What's Next?** • As you think back on your life, how have you experienced what Peter talks about? How have you been called out of darkness? Journal some experiences you've had throughout your life, then turn those words into a prayer of thanksgiving.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 145:14  
The Lord upholds all who fall  
and lifts up all who are bowed down.*

*Acts 4:32-33  
All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had. With great power the apostles continued to testify to the resurrection of the Lord Jesus. And God’s grace was so powerfully at work in them all...*

**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:

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

*Psalm 118      Psalm 145      Deuteronomy 16:9-12      John 4:19-26  
Acts 4:18-33*

**So What’s Next?** • The early church lived communally, sharing everything they had with one another. What would that be like in our modern church? How can we move towards generosity among our people? Wouldn’t that be amazing? What is one step into more generosity that you could take today?

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 1:1-2  
Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
but whose delight is in the law of the Lord,  
and who meditates on his law day and night.*

*1 John 3:18  
Dear children, let us not love with words or speech but with actions and in truth.*

**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:

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

*Psalms 1-4      Psalm 7      Proverbs 3:11-20      Matthew 11:1-6  
1 John 3:18-4:6*

**So What’s Next?** • John’s challenge is to love others, but not with words...but with our actions. Take 5 minutes to write down 5 things you could do for one of your neighbors that would show them how much you love them. Then, go put that love into practice!

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 11:7  
For the Lord is righteous,  
he loves justice;  
the upright will see his face.*

*1 John 4:7-8  
Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.*

**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:

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

*Psalms 5-6      Psalms 10-11      Proverbs 4      Matthew 11:7-15  
1 John 4:7-21*

**So What’s Next?** • This verse from 1 John is incredibly challenging! If we don’t love, we’re not from God! Where does it seem like love is lacking in your life? For those different from you? For people of a different political party? Ask God to highlight wherever you might have hatred or anger in your heart, then give that to him. Ask him for his compassion for your enemies, and ask him to heal your heart.





# MAY 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 14:2  
The Lord looks down from heaven  
on all mankind  
to see if there are any who understand,  
any who seek God.*

*1 John 5:11-12  
And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life.*

**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:

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

*Psalms 12-14      Psalm 119:1-24      Proverbs 6:1-19      Matthew 11:16-24  
1 John 5:1-12*

**So What’s Next?** • Isn’t it great news that we have Jesus!? Take a few moments to think about all the ways Jesus has given you new life, then journal and share with a friend.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 18:30  
As for God, his way is perfect:  
The Lord’s word is flawless;  
he shields all who take refuge in him.*

*1 John 5:21  
Dear children, keep yourselves from idols.*

**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:

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

*Psalm 18      Proverbs 7      Matthew 11:25-30      1 John 5:13-21*

**So What’s Next?** • What idols do you have in your life? It’s unlikely you’ve carved out a fake god out of wood or stone, or set up an altar in your house...but what have you made an idol? TV? Food? Popularity? Always being right? Idols can take on many different forms, but we can’t let them take over us! Take a few moments and invite God to reveal to you the idols you’ve created, then begin the work of dismantling them. God will be with you in this!



MAY 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 17:13  
Rise up, Lord, confront them, bring them down;  
with your sword rescue me from the wicked.*

*Matthew 12:13-14  
Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound as the other. But the Pharisees went out and plotted how they might kill Jesus.*

**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:

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

*Psalms 16-17      Psalm 22      Proverbs 8:1-21      Matthew 12:1-14*  
*2 John*

**So What’s Next?** • The Pharisees cared more about their being right than they did that a man was healed. Is that what God wants of us? Throughout Jesus’ ministry, he’s often challenged or rebuked by the religious leaders. But he never lets that stop him from healing, bringing life and freedom, and inviting people into his kingdom. Where do you need that in your life? Spend a few minutes in prayer asking God for what you need!

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

## MAY 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 104:34*

*May my meditation be pleasing to him,  
as I rejoice in the Lord.*

*Ephesians 3:20-21*

*Now to him who is able to do immeasurably more than all we ask or imagine,  
according to his power that is at work within us, to him be glory in the church  
and in Christ Jesus throughout all generations, for ever and ever! Amen.*

**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:

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

*Psalm 104*

*Ephesians 3:14-21*

**So What's Next?** • God is able! Whatever struggle you're going through, whatever challenge you may have, or wherever you may be experiencing heartache or loss, God is able to do more than we can ask or imagine. Take some time now to intentionally ask God for the biggest needs, the hardest things, the most daunting stuff in your life. And above all, ask that his kingdom would come on earth as it is in heaven.



**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

## MAY 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:

*Psalms 111:2*

*Great are the works of the Lord;  
they are pondered by all who delight in them.*

*John 1:29*

*The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!"*

**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:

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

*Psalms 111-113  
Revelation 19:4-16*

*Psalms 146-147*

*Job 38:1-11, 42:1-5*

*John 1:29-34*

**So What's Next?** • Jesus is the lamb of the world, a metaphor for a sacrifice required to make us right with God. And he willingly gave up his life for us. In your own words, tell God thank you for his sacrifice.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

MAY 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 25:4-5*  
*Show me your ways, Lord,*  
*teach me your paths.*  
*Guide me in your truth and teach me,*  
*for you are God my Savior,*  
*and my hope is in you all day long.*

*1 Timothy 1:14*  
*The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.*

**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:

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

*Psalm 9      Psalm 15      Psalm 25      Proverbs 10:1-12      Matthew 12:22-32*  
*1 Timothy 1:1-17*

**So What’s Next?** • Spend a few extra minutes in prayer today asking God to show you his ways, teach is paths, and to guide you in his truth. After you’ve prayed, journal what you heard from God.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 28:7*  
*The Lord is my strength and my shield;*  
*my heart trusts in him, and he helps me.*  
*My heart leaps for joy,*  
*and with my song I praise him.*

*Matthew 12:33*  
*Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit.*

**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:

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

*Psalm 26          Psalm 28          Psalm 36          Psalm 39          Proverbs 15:16-33*  
*Matthew 12:33-42          1 Timothy 1:18-2:8*

**So What’s Next?** • Jesus says that we’ll be recognized by our fruit. What fruit do you see in your life? Is it good or bad? Healthy or unhealthy? If it’s unhealthy, repent from the things in your life causing you to sin. If it’s good fruit, say a prayer of thankfulness to God, and thank him for his goodness.

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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 38:21-22*  
*Lord, do not forsake me;*  
*do not be far from me, my God.*  
*Come quickly to help me,*  
*my Lord and my Savior.*

*Matthew 12:50*  
*“For whoever does the will of my Father in heaven is my brother and sister and mother.”*

**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:

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

*Psalm 38      Psalm 119:25-48      Proverbs 17:1-20      Matthew 12:43-50*  
*1 Timothy 3*

**So What’s Next?** • If we do the will of God, Jesus calls us family! Spend a few moments pondering the past week. Where do you feel like you were following God’s will? Were there areas where you intentionally didn’t follow his will? As you process give it all to God, ask for forgiveness where you need to, and make right what you left wronged.



**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# MAY 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:

*Isaiah 11:9*  
*They will neither harm nor destroy*  
*on all my holy mountain,*  
*for the earth will be filled with the knowledge of the Lord*  
*as the waters cover the sea.*

*Hebrews 2:18*  
*Because he himself suffered when he was tempted, he is able to help those who are being tempted.*

**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:

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

*Psalms 132      Isaiah 11:1-10      Hebrews 2:11-18*

**So What’s Next?** • Jesus knows suffering like most of us never will. He was wrongfully accused, unjustly tortured, and eventually murdered, yet he lived a perfect, sinless life. He knows suffering! Wherever you are suffering, or are tempted, or are caught up in the worries of life, give it all to Jesus!

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

## MAY 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 147:11*  
*the Lord delights in those who fear him,*  
*who put their hope in his unfailing love.*

*Hebrews 3:1-2*  
*Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest. He was faithful to the one who appointed him, just as Moses was faithful in all God's house.*

**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:

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

*Psalm 72*

*Psalms 146-147*

*1 Samuel 1:1-20*

*John 3:25-30*

*Hebrews 3:1-6*

**So What's Next?** • Are your thoughts fixed on Jesus? It's easy to get caught up in the rest of what's going on around Jesus. But we're called to fix on him! If you find that difficult, say this prayer out loud: "God, I need you. Would you fix my mind on you, always. Would you be at the forefront of my mind throughout the day, and would everything I see, think of, and do remind me of you. Amen."

**Journal** • Take a few moments to respond to what God is telling you today, in your own words or images.

# 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](mailto: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](mailto:dpg@shvchurch.org) to let us know you've started the journey, or if you have any questions!