

Date: Monday, January 10, 2022

Passage: [Psalm 22:1-5](#)

**1. Prepare your heart -**

Situate yourself comfortably in a quiet, solitary place. Calm your body and quiet your mind before God as you prepare your heart to receive what God has spoken, and to respond accordingly. Finally, invite the Holy Spirit to guide your thinking and feeling as you read.

**2. Read the Scriptures -**

Read the passage slowly and carefully three times. Take your time. As you move through the text, pay close attention to what words and ideas draw your attention in unique ways. When your focus is drawn to a particular word or thought, pause and reflect.

**3. PRAY the Scriptures - (use the following prompts to write a prayer as you reflect on the Scripture)**

<p><b>ADORATION</b> Praise the Father for his attributes and actions</p>	<p><b>CONFESSION</b> Confess your sinfulness and acknowledge your sins</p>
<p><b>THANKSGIVING</b> Thank Jesus for His salvation (past, present, future)</p>	<p><b>SUPPLICATION</b> Ask the Spirit to transform you in particular ways</p>

**4. PREPARE for Community -**

Write down how God has impacted you most through today's reading? Are there things you or your community need to be, do, or know in light of your time with God today?

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Date: Tuesday, January 11, 2022

Passage: [Psalm 22:6-11](#)

**1. Prepare your heart -**

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**2. Read the Scriptures -**

Read the passage slowly and carefully three times. Take your time. As you move through the text, pay close attention to what words and ideas draw your attention in unique ways. When your focus is drawn to a particular word or thought, pause and reflect.

**3. PRAY the Scriptures - (use the following prompts to write a prayer as you reflect on the Scripture)**

<p><b>ADORATION</b> Praise the Father for his Attributes and Actions</p>	<p><b>CONFESSION</b> Confess your Sinfulness and Acknowledge your Sins</p>
<p><b>THANKSGIVING</b> Thanks Jesus for His Salvation (past, present, future)</p>	<p><b>SUPPLICATION</b> Ask the Spirit to Transform you in particular ways</p>

**4. PREPARE for Community -**

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Date: Friday, January 14, 2022

Passage: [Psalm 22:27-31](#)

**1. Prepare your heart -**

Situate yourself comfortably in a quiet, solitary place. Calm your body and quiet your mind before God as you prepare your heart to receive what God has spoken, and to respond accordingly. Finally, invite the Holy Spirit to guide your thinking and feeling as you read.

**2. Read the Scriptures -**

Read the passage slowly and carefully three times. Take your time. As you move through the text, pay close attention to what words and ideas draw your attention in unique ways. When your focus is drawn to a particular word or thought, pause and reflect.

**3. PRAY the Scriptures - (use the following prompts to write a prayer as you reflect on the Scripture)**

<b>ADORATION</b> Praise the Father for his Attributes and Actions	<b>CONFESSION</b> Confess your Sinfulness and Acknowledge your Sins
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