

WEEK 1 PRACTICE

PRAYERS OF CONFESSION

Prayers of
Confession



THE PRACTICE:

Set aside one moment each day to consciously come before God's throne – then pause, acknowledge forgiveness in Christ, and receive fresh grace for that day.

GROWING IN GRACE

For the practice of **Prayers of Confession**, commit to finding 5-10 quiet minutes each morning to spend in prayer and follow the path below.

1. EXAMINE – Ask yourself, “Where did I resist God or hurt others?”

2. CONFESS – Be honest with God. Repent and make things right.

3. RECEIVE – Slowly read Romans 8:1, 1 John 1:9, or Psalm 32:1–2. Rest in His grace.

4. RESPOND – Commit to taking one step to reconcile with others or change how you’re living.

Finish in Prayer:

“Spirit of God, keep me walking in Your light today. Amen.”

For the practice of **Enjoying God's Presence**, commit to finding 5-10 quiet minutes each morning to spend in prayer and follow the path below.

1. PAUSE – Be still. Say: "Here I am, Lord."

2. DRAW NEAR – Pray honestly; receive His welcome.

3. ADORE – Thank God for 3 gifts. Praise Him for who He is.

4. ATTEND – Read Ps 16:8-11 or Jn 15:4-5. Notice what stands out.

5. ALIGN – Pray: "Your kingdom come in my day, today."

Finish in Prayer:

"Father, I walk today in Your presence and love. Amen."

WEEK 2 PRACTICE

ENJOYING GOD'S PRESENCE



Enjoying
God's Presence

THE PRACTICE:

Start each day this week by enjoying God's presence. Understand that God has something to give you – start your day inviting God to share whatever he desires with you

GROWING IN GRACE

For the practice of **Humble Acts of Service**, commit to asking God to show you how to serve at least one person each day.

1. BOW – Pray: "Lord, show me who to serve today."

2. ASK – "Who can I serve quietly and gladly?"

3. SERVE – Do one low, practical act.

4. RECEIVE – Thank God after serving.

Finish in Prayer:

"Lord, thank you for letting me serve as You served."

WEEK 3 PRACTICE

HUMBLE ACTS OF SERVICE



Humble Acts
of Service

THE PRACTICE:

Each day this week, commit to doing one humble act of service for someone in your life. Begin your day by asking God to show you who to serve, and then respond.

GROWING IN GRACE

For the practice of a **Silent Walk With God**, commit to taking a walk without any distractions this week.

1. BE STILL – Pray: "Lord, here I am. Speak, I am listening."

2. NOTICE – Pay attention to creation, sounds, and God's nearness around you.

3. RETURN – If your mind wanders, gently give your thoughts back to God and return to silence.

4. DWELL – Let this time be more about being with God than asking Him for things.

Finish in Prayer:

"God, help me walk in Your presence with an undistracted heart."

WEEK 4 PRACTICE

SILENT WALK WITH GOD



Silent Walk
With God

THE PRACTICE:

This week's practice is simple: take a silent walk with the Lord. No headphones. No phone calls. Just you and God.

GROWING IN GRACE

AT EACH SKIPPED MEALTIME

For the practice of a **Fasting**, commit to going without food for one 24 hour long period and praying and reading the Bible at mealtimes.

1. SET YOUR HEART – Say out loud, "I'm not earning, I'm making room."

2. READ THE BIBLE – Read Psalm 63:1-5 or John 4:31-34.

3. PRAY – Pray a prayer of worship, confession, asking, or interceding for another.

4. ACT IN MERCY – Share or give what you saved from not eating.

5. BREATH PRAYER – "Lord Jesus, be my bread."

Finish in Prayer:

"Jesus, You are my daily bread. Satisfy me with Your presence."

WEEK 5 PRACTICE

FASTING

Fasting



THE PRACTICE:

This week, choose one day to do a traditional fast, where you commit to not eating for 24 hours. At each time when you would normally eat, invite God's grace through Bible reading and prayer.

GROWING IN GRACE