## Daily Readings, Rhythms, & Prayers

Sunday, January 31 - Sunday, February 28th

This simple guide will get you started with a daily passage of scripture, reflection questions, and practical prayer prompts to help you encounter God each day.

## **DAILY RHYTHMS**

## DAILY SCRIPTURES

Jan 31	Jer 29:7-14
Feb 1	Acts 1
Feb 2	Acts 2
Feb 3	Acts 3
Feb 4	Acts 4
Feb 5	Acts 5
Feb 6	Acts 6
Feb 7	Acts 7
Feb 8	Acts 8
Feb 9	Acts 9
Feb 10	Acts 10
Feb 11	Acts 11
Feb 12	Acts 12
Feb 13	Acts 13
Feb 14	Acts 14
Feb 15	Acts 15
Feb 16	Acts 16
Feb 17	Acts 17
Feb 18	Acts 18
Feb 19	Acts 19
Feb 20	Acts 20
Feb 21	Acts 21
Feb 22	Acts 22
Feb 23	Acts 23
Feb 24	Acts 24
Feb 25	Acts 25
Feb 26	Acts 26
Feb 27	Acts 27
Feb 28	Acts 28

60 SECONDS OF SILENCE

Start your time with 60 seconds of uninterrupted silence. Use this time to clear your mind of distractions as you turn your attention to God.

INVITE GOD TO SPEAK

Before you open your Bible, ask God to speak to you through his Word. If you don't know what to pray, feel free to pray this short prayer: "Father, thank you for loving me. Will you please speak to my heart as I read your Word?

READ THE DAILY SCRIPTURE

Read the daily scripture slowly. Take note of anything that grabs your attention.

REFLECT ON WHAT YOU READ

Use a journal or note-taking app to reflect on what you read. These four simple questions can be a helpful guide as you reflect.

- 1. What did this scripture reveal to you about God?
- 2. What did this scripture reveal to you about yourself or human nature?
- 3. How will you apply this scripture to your life today?
- 4. Who will you share these reflections with today?

END WITH PRAYER

Close your time by talking with God about the following:

- 1. Thank God for his goodness toward you.
- 2. Share your burdens with him.
- Ask God to move powerfully through his church in Nashville.
- 4. Pray for the people in your life who are not yet followers of Jesus.

