

Pause Rejoice & Reflect Ask Yield

A prayerful model to expand your interaction with Scripture

PAUSE

“Be still and know that I am God” Psalm 46:10

Deliberately relax and breathe deeply...center yourself upon the presence of God.

REJOICE

“Rejoice in the Lord always. I will say it again: Rejoice!” Philippians 4:4

Sing a song; read a psalm; share your gratitude

REFLECT ON PSALM 23

What word, phrase, image stands out to you? _____

REFLECT ON PSALM 23

What does this tell us about God’s character? _____

*Relationship, Source, Rest, Healing, Direction, Purpose, Testing, Protection, Faithfulness,
Leadership, Hope, Presence, Consecration, Abundance, Blessing, Security, Life*

ASK (asking God to help us and others)

“You may ask me for anything in my name, and I will do it.” John 14:14

In light of this passage, what small thing could I ask God to provide today? _____

What big thing am I asking God for throughout this season of life? _____

Turning my attention to the world, who is someone else (person, group, community, nation) ...in light of this passage, what do I want to ask God for? _____

YIELD (to God’s will in our lives)

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” Romans 12:1

Return to the passage. Listen carefully. What is the invitation of the Holy Spirit to you through this passage? _____
