

# 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 130

What word, phrase, image stands out to you? \_\_\_\_\_

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## REFLECT ON PSALM 130

From the sermon: Jesus hears you. Forgives you. Shines on you. Abundantly redeems you.  
Which one of these notes is grabbing your attention?

## 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? \_\_\_\_\_

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

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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? \_\_\_\_\_

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## 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? \_\_\_\_\_

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