

DAY 7: NEHEMIAH 3

1. _____
2. _____
3. _____
4. _____
5. _____

Prepare your heart for Sunday's sermon by reading through Nehemiah 3. We get into the details a little bit here, but imagine these as real people doing real work. How did they connect with God? By reading His Word and praying? Probably. So connect with the mundane in their lives to encourage you in yours.

WEEKLY PRACTICES

Here's a list of actions that, while not guaranteeing anything, are helpful to the Christian life and to living our lives on mission. Not rules, but healthy habits.

- Worshiped with my church (or another church if out of town)
- Participated fully in my Small Group
- Asked a probing question of my Triad
- Invited someone out to breakfast, coffee, lunch, or dinner to further a friendship
- Went on a date with my spouse or babysat for someone else's date
- Initiated a spiritual conversation
- Led a family worship time at home
- Memorized a key verse

EXPLORE THE BIBLE



DAILY PRACTICES

Starting Prayer - Psalm 19:14

1. Thank God for allowing you to talk with Him
2. Ask for understanding in reading & applying His Word

Questions to ask as you read

1. What do I learn about God (or the main person)?
2. What do I learn about all humans or myself?
3. What steps do I need to take (thoughts, actions)?
4. How do I need to pray based on this passage?
5. Who in my life needs to hear these truths from me?

Continuing Prayer

1. Praise, confess, and request based on the passage
2. Pray for the needs of your family, friends, and city
3. Ask for God to change your life to match His will

DAY 1: EPHESIANS 1:15-23

"I will begin each day with prayer and praise." That was yesterday's next step. We're going to explore what that looks like each day of this week by praying prayers from the Bible and praising God with praises from the Bible!

Use Paul's prayer from Ephesians and pray it to God.

1. _____

2. _____

3. _____

4. _____

5. _____

Which weekly practice will I do today? _____

DAY 6: EPHESIANS 3:16-19

We're heading back to Ephesians (like Day 1) because this is another of Paul's prayers for the church that can teach us how to pray. See what he prays for? And how he says it?

Pray this prayer for yourself. Pray it for your kids, your neighbors, and your church.

1. _____

2. _____

3. _____

4. _____

5. _____

Which weekly practice will I do today? _____

DAY 5: 1 SAMUEL 2:1-10

When Hannah received the child she had begged God for, her first instinct is to praise the One who provided. She wants to thank Him for His greatness and His deliverance. Too often we pray before receiving, but then forget to pray after God answers. Let this prayer guide you in thanks.

TIP: Read 1 Samuel 1 for Hannah's story.

1. _____

2. _____

3. _____

4. _____

5. _____

Which weekly practice will I do today? _____

DAY 2: PSALM 145

Let this beautiful song of praise be on your lips today.

Pay close attention to verse seven: who is your next generation? It could be family or simply the next generation disciple God is calling you to instruct.

Is the last verse a statement true of you today?

1. _____

2. _____

3. _____

4. _____

5. _____

Which weekly practice will I do today? _____

DAY 3: JONAH 2:2-9

We may never be swallowed by a great fish, but we can still experience the shame and regret that Jonah felt after he ran from God. The prophet's plea to the Father provides a poignant scaffolding for our own prayers of repentance. And remember that God heard and answered this humble, honest prayer. Be sure to personalize your praise for how God saved YOU!

1. _____

2. _____

3. _____

4. _____

5. _____

Which weekly practice will I do today? _____

DAY 4: PSALM 150

This Psalm starts big and encourages us to get bigger in our praise of our Savior and our God. Turn up your music today and sing LOUDLY to God for who He is and what He has done.

Consider reading this Psalm out loud. Or, grab some kids and bang on some pots and pans as you sing!

1. _____

2. _____

3. _____

4. _____

5. _____

Which weekly practice will I do today? _____
