



How to have a 10 minute quiet time (using P.R.A.Y.)

(1 min) Pause – sit quietly for a minute, stilling your soul.

(2 min) Rejoice – read a short Psalm or listen to a worship song.

(3 min) Ask – Tell God what's on your heart. Pray through your day. If you have a prayer list quietly name each person or circumstance before God.

(3 min) Yield – Read a few verses from the New Testament, until a phrase pops out at you and then talk to God about it. Are there any sins you need to confess? Ask the Holy Spirit to fill you afresh.

(1 min) Amen - Pray the Lord's Prayer

Source: <https://prayercourse.org/toolshed/>