How to have a 30 minute quiet time (using The Lord’s Prayer)

(2 min) Our Father in heaven
Be still. Sit quietly and ask “Where is the evidence of the Father’s love in my life right now?” Give thanks.

(3 min) Hallowed be your name
Read a Psalm or listen to a worship song.

(3 min) Your kingdom come, your will be done.
What would it look like for God’s kingdom to come in the three circles of your life today:
1. Pray for your own needs
2. Pray for your friends and family
3. Pray for the wider world (perhaps focusing on situations in the news).

(15 min) Give us this day our daily bread
Using a bible reading guide, if you find it helpful, read from a Gospel, a New Testament epistle, and then from the Old Testament. The emphasis here is on quality not quantity. When a phrase resonates with you, treat it as if God is starting a conversation by pausing to pray about it.

(2 min) Forgive us our sins as we forgive others
Review the last 24 hours, allowing the Holy Spirit to challenge any sinful thoughts, Prayer Tool: How to Have a Quiet Time words and deeds. Are there people to whom you need to apologize, or others you need to forgive?

(2 min) Lead us not into temptation but deliver us from evil.
Pray protection for yourself and for those you love, especially in areas of vulnerability. If you are under spiritual attack, take authority, standing on relevant promises from the bible.

(3 min) For the kingdom, the power and the glory are yours...
Finish by listening to another worship song or returning to the psalm with which you started.

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