



## **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/>