

# A Daily Rhythm of Devotion

## Intimacy with God is the #1 Priority of Life.

How can a young man keep his way pure? By keeping your word. I have sought You with all my heart; don't let me wander from Your commands. Psalm 119:9-10

## Develop a daily rhythm and time to commune with God.

When Daniel learned that the document had been signed, he went into his house.

The windows in his upstairs room opened toward Jerusalem, and three times a day he got down on his knees, prayed, and gave thanks to his God, just as he had done before.

Daniel 6:10

## Find a place where you won't be interrupted.

Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying. Mark 1:35

### Helpful Tips and Tools:

- A simple reading plan
- A journal or notebook
- Praying with a pen in hand
- Praying the scriptures
- Praying pre-written prayers
- Pray with others



# How to Journal Using the SOAP Method

**Pray** - use a list you have prepared.

**Read** your Bible ( 1 chapter a day)

**Journal** using the SOAP Method

**S= Scripture:** Write down a meaningful scripture from your reading

**O=Observation:** Write 2-3 sentences of observation about the passage

**A= Application:** Write 1-2 sentences of personal application about this passage

**P= Prayer:** Close in prayer

### SOAP Example:

(S) Galatians 5:bb "The only thing that counts is faith expressing itself through love."

(O) The ONLY thing that counts, that has meaning or merit, the only thing that really matters or that I should even concern myself with is...FAITH! But faith needs to be expressed -- not as a duty or obligation or because it earns me favor with GOD -- but expressed through loving God and loving people.

(A) For me, faith expressing itself through love might mean serving people cheerfully when I don't really feel like it. Maybe I need to say a kind word to someone who hasn't been nice lately. Maybe it means praying to God, Joyfully! When I'm tired of frustrated or confused.

This is the time I need to thank God ahead of time... and Love Him.

(P) Thank you, Lord, for the ability to engage in the only thing that counts: Faith expressing itself in love. Amen!

# One A Day & Pray



## RSM 2024-2025

*This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success*  
*Joshua 1:8*

One A Day & Pray is a daily Bible reading program that is designed to build you up in the Body of Christ. The daily rhythms are short, sweet, and simple. However, the results are proven. We look forward to the Word of God coming alive in your life.

How does it work? Begin with prayer. Ask God to do as he did in Luke 24:45, “then He opened their minds to understand the scriptures”. Ask the Holy Spirit to “Teach you all things” John 14:26. Then read the assigned Bible reading, using the S.O.A.P method. Reflect throughout the day on what God is teaching you in Scripture.

What will the results look like? We believe you will move from trainee to personal trainer, from sitting to serving, from pew potato to Kingdom builder, from wondering about your spiritual gifts to operating in your spiritual gifts.

**Daily Transformation Questions:**

1. How is God encouraging you?
2. How is God challenging you?
3. How can I help you obey God?
4. Who are you going to share Jesus with this week?

Sep 1-16	Romans	Apr 1-16	1 Corinthians
Sep 17-20	Ruth or Jonah	Apr 17-20	Philippians
Sep 21-29	1 Timothy	Apr 21-23	2 Peter
Sep 27-29	Titus	Apr 24	2 John
Sep 30	Psalm 1	Apr 25-29	James
Oct 1-31	Genesis 1-31	Apr 30	Psalm 73
Nov 1-19	Gen 32-50	May	1st Samuel
Nov 20-24	1 Peter	Jun 1-21	John
Nov 25-28	1st John	Jun 22-29	Song of Solomon
Nov 29-30	Psalm 2, 8	Jun 30	Psalm 90
Dec 1-24	Luke	Jul 1-13	Hebrews
Dec 25-30	Ephesians	Jul 14-17	Colossians
Dec 31	Psalm 23	Jul 18-20	2 Thessalonians
Jan 1-31	Proverbs	Jul 21-24	2 Timothy
Feb 1-28	Acts	Jul 25-26	Exodus 12, 20
Feb 29	Psalm 119	Jul 27	Isaiah 53
Mar 1-16	Mark	Jul 28	1 Kings 12
Mar 17-22	Galatians	Jul 29-31	Psalm 51, 121, 139
Mar 23-27	1 Thessalonians	Aug 1-28	Matthew
Mar 28-29	2 Corinthians 4-5	Aug 29	Philemon
Mar 30	Revelation 22	Aug 30-31	3 John; Jude
Mar 31	Psalm 46		