

# STUDY TIME STRUCTURE

<b>PRAY</b>	<b>Spend time asking the Lord to speak to you during your time with Him.</b>
1 minute	Prayer, Lord, would open my eyes to what is happening in Your word and that what I read today would transform me from the inside out. Father clear my mind of any distractions and keep me focused on you during this time. Amen.
<b>STUDY</b>	<b>Spend the next couple of minutes studying His word.</b>
Time:	What ever the Lord is laying on your heart to study be obedient to that. If nothing is specifically pressed upon your heart, you can use the bible app which has many great studies or you can use any paper bible studies you own.
<b>REST</b>	<b>Spend 2 minutes resting in what you've just studied.</b>
2 minutes	This is not necessarily prayer time but more sitting in His presence and taking in what you've just studied. One great way to do this is through closing your eyes and dwelling on what hit you the most in your study time.
<b>PRAY</b>	<b>Spend the couple of minutes praying over your list.</b>
Time:	Develop a list of people and things that you can be praying for. Your list should contain you, your family, friends, your job and/or school, and church/church family. It should include really anything that is important to you and things that have caused you to stumble in thought, word or action.
<b>BREATHE</b>	<b>Spend the next 2 minutes breathing.</b>
2 minutes	The best way to accomplish this is through taking several deep breathes slowly. As you take a deep breathe in, breath in God's grace, love, and presence. As you breathe out, let the Lord clear your mind of any negativity and ungodly thoughts. internally ask the Lord that you would be transformed by the renewing of your mind.
<b>PRAY</b>	<b>Spend the last minute praying.</b>
1 minute	Prayer, Thank you Lord for this time and all that you have revealed to me. Would you go before and behind me today. Guide my every thought, word, and action as I walk through this day and help me to be ready and willing to do your will. In Jesus mighty name, amen.

Total Study Time:

