

Amplify

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AMPLIFY 5: Devotion Guide

Building to 25 Minutes of Daily Devotion

Whether you're just starting or wanting to go deeper in your spiritual rhythm, this guide will help you **build up to 25 minutes** with God each day in a life-giving, sustainable way.

PHASE 1: Start Small – 5-10 Minutes

Goal: Develop consistency before capacity.

Tips:

- **Pick a set time.** Morning? Lunch break? Evening wind-down? Pick what works and stick with it.
- **Start with Scripture.** Read 1 Psalm, 1 Proverb, or a short New Testament chapter.
- **Pray simply.** Use the ACTS model: **A**doration, **C**onfession, **T**hanks**g**iving, **S**upplication.
- **Journal one thought.** Write a verse that stands out or something you're grateful for.

 Sample Plan:

- 2 min: Quiet your heart
- 3 min: Read a short passage (Psalm 1, John 1, etc.)
- 2-3 min: Pray about what you read
- 2 min: Write a sentence of reflection

PHASE 2: Stretch to 15-20 Minutes

Goal: Grow in depth and flow.

Tips:

- **Use a reading plan.** Try a [YouVersion](#) plan or go through a gospel chapter by chapter.
- **Add worship.** Play one worship song to shift your focus upward.
- **Pray for others.** Keep a list of people (your Amplify 5 prayer list) to lift up daily.
- **Use guided questions:**
 - What does this passage say about God?
 - What does it say about me?
 - How can I respond today?

 Sample Plan:

- 2 min: Worship (play a song)
- 5 min: Read and reflect on a passage
- 5 min: Journal your thoughts and responses
- 5-8 min: Pray through your personal and Amplify 5 list

PHASE 3: Reach 25 Minutes of Daily Devotion

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Goal: Establish a meaningful rhythm that fuels your day.

Tips:

- **Create a sacred space.** Use a chair, light a candle, grab your Bible, journal, and coffee. Make it yours.
- **Change it up weekly.** Devotion doesn't have to look the same every day. Try different formats:
 - One day focused on Scripture study
 - One day on extended prayer
 - One day for worship and listening
- **Use a timer (but don't be ruled by it).** Set a gentle reminder so you're not checking your phone.
- **Invite God in with a breath prayer.** "Lord, speak. I'm listening."



Sample Plan:

- 3 min: Stillness & breath prayer
- 5 min: Worship song
- 7 min: Scripture reading & reflection
- 5 min: Journaling
- 5 min: Prayer for yourself and others



Bonus Tips for Success

- **Track your time weekly** using the [Amplify Tracker](#).
- **Share your journey** with a friend or group for encouragement.
- **Give yourself grace.** It's not about perfection—it's about pursuit.
- **Celebrate small wins.** 3 days in a row? That's momentum!



Scripture to Encourage You

- *"Draw near to God and He will draw near to you."* – James 4:8
- *"Blessed is the one... whose delight is in the law of the Lord, and who meditates on his law day and night."* – Psalm 1:1-2
- *"Very early in the morning... Jesus got up, left the house and went off to a solitary place, where He prayed."* – Mark 1:35



Remember:

You don't build a 25-minute devotional life overnight. You build it one minute, one day, one step at a time.