

# A Model for Personal Devotions

## Sing

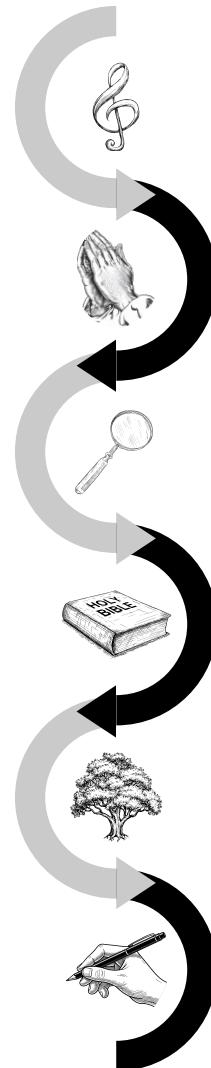
Sing a song out loud. Consider using music from Sunday's Service.

## Study

Review the book outline and read your study notes to understand the text.

## Meditate & Pray

Walk through the 4 R's of Relational Reading and pray about anything else.



## Ask

Briefly ask God aloud to bless your time and open your eyes to truth.

## Read

Read the passage out loud. Consider using a Bible reading plan.

## Journal

Jot down your growth step and write about your walk.

# The 4 R's of Relational Reading

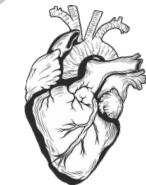
*Speak through each step aloud, in complete sentences, before God*

### 1. Reflect



Frame reflections in your relationship with God. In light of this passage, what do you personally need to consider about God, yourself, and Jesus? Make general applications specific to you.

### 2. React



Name your genuine reaction. What does this make you feel? (e.g., encouragement, regret, joy, awe, compassion, conviction, fear, love, adoration, concern, wonder, etc.)

### 3. Respond



Based on your reflections and reaction, respond to God using the ACTS acronym: Adore, Confess, Thank, Supplicate for yourself and others. Make your responses specific to you.

### 4. Reform



Describe how your life will change from the inside out ("This makes me..., therefore I will..."). Write down a single, specific, doable action step to take. Check your progress next time.