

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

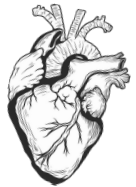
1. Reflect

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.

