



5 Questions to Consider:

1. Why is this important?
2. If it's so important, why is it so neglected?
3. What is being still all about for you?
4. What makes it so difficult in your life?
5. How can being still be best accomplished for you?

Color Coding Bible Study

Using your colored highlighters/pencils, assign a meaning to each color and write it down (i.e. yellow relates to God's salvation, green indicates an action I should take, etc.) **Develop a color code system that works for you.**

As you read, highlight verses that stick out to you personally. You may also want to use the following symbols for future reference:

A = A truth I need to apply in my life (application)

! = Wow! I've never noticed that before.

? = I'm not sure what that means. I'll need to ask/study.

Prayer Practices for Daily Prayer

Christians often use a simple acrostic as a guide to prayer—A.C.T.S. Each of the letters in this acrostic stands for one of the key elements of prayer:

(A) Adoration - of God (why we praise and adore our Creator)

(C) Confession - of your failings and your faith

(T) Thanksgiving - for those blessings you've been given

(S) Supplication - are those requests you make to God

A journal is ideal for these 21 days of building a new habit of time with God. This card can be inserted into your Bible or notebook as a basic pathway to spiritual formation.



Proven Pathways - 21 Day Plan

Memory Verse (Jeremiah 6:16)

Stand at the crossroads and look;
ask for the ancient paths,
ask where the good way is, and walk in it,
and you will find rest for your souls.

Starting September 20, Completion by October 10

Spiritual Visualization Guidelines:

- Where will I physically take time to do this?
- When in my regular day will I make this happen?
- What adjustments will I need to make?

9/20 - Day 1, John 1 or _____

9/21 - Day 2, John 2 or _____

9/22 - Day 3, John 3 or _____

9/23 - Day 4, John 4 or _____

9/24 - Day 5, John 5 or _____

9/25 - Day 6, John 6 or _____

9/26 - Day 7, John 7 or _____

9/27 - Day 8, John 8 or _____

9/28 - Day 9, John 9 or _____

9/29 - Day 10, John 10 or _____

9/30 - Day 11, John 11 or _____

10/1 - Day 12, John 12 or _____

10/2 - Day 13, John 13 or _____

10/3 - Day 14, John 14 or _____

10/4 - Day 15, John 15 or _____

10/5 - Day 16, John 16 or _____

10/6 - Day 17, John 17 or _____

10/7 - Day 18, John 18 or _____

10/8 - Day 19, John 19 or _____

10/9 - Day 20, John 20 or _____

10/10 - Day 21, John 21 or _____