

INSTRUCTIONS

EVOCATION: You are coming before a Holy God. Approach with reverence. Pray the following verses:

INCLINE my heart to your testimonies, and not to selfish gain! Psalms 119:36

OPEN my eyes, that I may behold wondrous things out of your law. Psalms 119:18

Teach me your way, O Lord, that I may walk in your truth; **UNITE** my heart to fear your name. Psalms 86:11

SATISFY us in the morning with your steadfast love, that we may rejoice and be glad all our days. Psalms 90:14

BIBLE READING AND MEDITATION: Observe the passage and try to respond to the following prompts. You will not always be able to respond to all of them. Remember, the goal is to take the time to observe, meditate, and pray. You are formulating prayers with scripture.

Adore: What does it lead me adore and be thankful to God?

Admit: Does it cause to recognize there is something you lack or a sin to confess?

Desire: What do you desire? Petition. What do you desire for others? Intercession.

Accent: Is there something that sparks curiosity, something you want to highlight?

Arrest: Which verse captures your attention and arrests your heart?

Take Hold: Is there a promise of God to us through the finished work of Christ?

Question: Is there something you do not understand or provokes curiosity?

Action: Believing the word of God is truth, what must we change?

PRAYING THE WORD OF GOD: Based on what you have observed and written, you have created (and have words) to respond to God in prayer. Read your prayer to God out loud.

CONTEMPLATION: Throughout the day, remember what you prayed for. Remember why you *adored* God, what *desire* was prompted by the scripture you read, remember the verse that *arrested* you, the promise that you read and *take hold*, or an *action* you must do.

AT NIGHT: Read a Psalm before going to sleep, thanking God for the day. Start at Psalm 1, tomorrow read Psalm 2, etc. Don't forget to check out the church app, Spotify, or Apple Podcast to hear the latest episode of **LIVING ON THE VINE**. There will be a new episode for each passage in Matthew to guide and teach you through this method.