

## 15 Powerful Minutes with God

**1 minute: Quiet and submission.** Quiet your heart and mind as you prepare to enter into the presence of God. "Submit therefore to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. (James 4:7-8). Lord, I submit myself before You. I acknowledge you as my King and authority over my life. I give myself and my day to You. Please, draw near to me."

**1 minute: Praise.** "I exalt you, my God the King; I praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. (Ps 145:1-2). I praise you Lord for you are my Provider, my Savior, my Healer, my Redeemer, my best friend, my ever present help in time of need. I praise you Lord for you are the Alpha and Omega, The Great I Am, King of Kings, Living Water, Prince of Peace, Good Shepherd, Holy Anointed One, Just Judge, Jehovah-Jireh, El Elyon, El Shaddai, Yahweh, Adonai."

**1 minute: Repentance.** "Lord, create in me a clean heart and renew a steadfast spirit in me (Ps. 51:10). I humble myself at the foot of your cross and lay down my sin." Confess. Ask for forgiveness. Accept God's grace and allow Him to heal you and give you peace.

**1 minute: Ask God to prepare you for your day:**

- "Fill me Lord so when the events of the day wear me out I may be kept full. It is in union with you that I have been made full" (Col 2:10).
- "Cover me Lord so when evil comes I may be able to stand my ground. I stand firm with the belt of truth buckled around my waist, with the breastplate of righteousness in place, and with my feet fitted with the readiness that comes from the gospel of peace. I take up the shield of faith, with which I can extinguish all the evil snares of the devil. I take the helmet of

salvation and the sword of the Spirit, which is the word of God" (Eph 6:10-14).

- "Shine through me Lord so that I may be a light to those around me. Arise, shine for your light has come, and the glory of the Lord has risen upon me" (Isaiah 60:1).
- "Lord, may my words and thoughts speak life to those around me. May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer"(Psalm 19:14).

**1 minute: Intercession.** "Lord, when I believe, I will receive whatever I ask for in prayer (Mat 21:22). Lord, let YOUR WILL be done." Pray boldly for those in public leadership, our spiritual leaders, the lost, our country (2Tim 1-3) family, and friends (keep a journal and check off answered prayers).

**1 minute: Yourself.** "I believe when I ask it will be given to me; seek and I will find; knock and the door will be opened to me (Mat 7:7). YOUR WILL be done." Be specific. (e.g., I pray for healing from high blood pressure). Work, wisdom, strength, physical and emotional healing, patience, marriage, discernment etc. (keep a journal and check off answered prayers).

**5 minutes: Read God's Word.** "Open my eyes Lord that I might see the wonderful things in Your Law" (Ps 119:8).

**2 minutes: Listen.** "Speak Lord, for your servant is listening." (1 Sam 3:9). Write down what the Lord puts on your heart. "Lord, give me strength to be obedient to what you are calling me to do."

**2 minutes: Worship and Thankfulness.** "Oh Lord, I give thanks to you, for you are good, for your steadfast love endures forever! (Ps 107:1)." Play your favorite worship music and thank God for three ways He has blessed your life.