

The Q.T. Zone

Wait on the Lord

- Think about God. Tell Him He is very special to you.
- Make Praise Declarations (Lord you are my helper, You are a loving God, You are holy, You are my healer, You are faithful, etc.)
- Sing a praise song. Thank God for all He has done for you.

Search your heart

- Pray this simple prayer from Psalm 139:23-24, *"Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad."*
- Ask the Holy Spirit to show you if there is anything in your heart that would make Him sad. If He shows you something, then ask God to forgive you.

Present yourself

- Give yourself to Jesus and ask Him to fill you with His Holy Spirit.
- Pray, "Lord I give myself to you. You are the Lord of my life. I am yours today."

Read the Word

- Carefully read the Bible after asking God to help you learn from it.
- Underline the verses that mean the most to you.
- Write down the things that God shows you as you read.

Armor of God (Ephesians 6:10-18)

- Ask God to protect you from the devil today
- Ask God to protect your mind and give you thoughts that please Him.
- Thank God for His peace, His truth, His righteousness, and His Word.

Intercession

- Ask the Lord who He wants you to pray for today and then listen. Very often God will give you the name of someone to pray for.
- Pray for your personal needs.
- Pray for your family and your church.
- Pray that unreached peoples around the world will be saved.
- Spend some time praying in the Spirit (tongues) for these needs. Ask God to Baptize you in the Holy Spirit if you cannot pray in tongues yet.

Commit Day to Lord

- Give the day to God. Ask God to have His way in you today.

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