



4 steps  
15 minutes  
Connect with God



### Pray the IOUs

1 minute

**I- Incline my heart** (Ps. 119:36), Ask God to tune your heart and draw you close.  
**O- Open my eyes** (Ps 119:18), Ask God to help you see new things  
**U- Unite my heart** (Ps 86:11) , Ask God to unite your heart with God's heart for you  
**S- Satisfy me in the morning** (Ps 90:14), Ask God to fill you to overflowing as you spend time together



### Read the Bible

5 minutes

Start with a book of the Bible and read through it 5 minutes a day. Set a timer for 5 minutes and continue to read until your time is up. Mark your place for the next day. If you need a good place to start, try the book of John, Romans, James, or Psalms.



### Journal

5 minutes

1. What did you learn about God?
2. What did you learn about yourself?
3. How is God calling you to respond?
4. What will you do about it?



### Pray the ACTS prayer

4 minutes

**A- Adoration-** Praise God for who He is  
**C- Confession-** Repent of what you've done  
**T- Thanksgiving-** Give gratitude for all He has done  
**S- Supplication-** Pray for the needs of yourself and others