

The 30:30 Challenge: How to spend 30 minutes with God daily for 30 days

The goal is to daily get into God's Presence and God's Word.

1. **Worship**: (5-10 min)

- a. **Thanksgiving**: Enter into His Presence with Thankfulness.
- b. **Listen to 1 or 2 songs**: (create a playlist of worship songs that easily lead you into the presence of God.)

2. **Prayer** (10-15 min)

- a. **Fellowship with God**: Express your heart to God and allow Him to share His heart with you.
- b. **Pray for yourself: Create a list of Scriptures to pray for yourself.**

John 15:9 "Just as the Father has loved Me, I have also loved you; abide in My love. **Prayer**: "Jesus, I ask for grace to abide in Your love today."

Eph 3:16 "[I pray] that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man" **Prayer**: "God strengthen me today with Your power by the Holy Spirit."

Eph 5:18 "be filled with the Spirit" **Prayer**: Lord, fill me with the Holy Spirit today."

Eph 4:29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. **Prayer**: "Guard my speech today. Let me speak words of life and not of death"

- c. **Pray for Others**: Pray for your family, friends, leaders and those who don't know Jesus by name.

3. **Bible** (10-15 min)

- a. **Read the Bible**: Pick a book of the Bible and systematically read 1-3 chapters a day. Highlight verses that grab your attention.
- b. **Pray the Bible**: We are transformed when we take the Bible into God's presence and interact with Him. **Read a Psalm** and then pray it back to God in 1st person (start with Psalm 1 and work through 150) **Meditate on who God is: Father, Son, & Holy Spirit** (see "Who is God" list)
Read one Scripture at a time and thank Him for who He is. **Meditate on Who You Are in Christ**: (see "Who I am in Christ" list)
Read one Scripture at a time and thank Him for who you are in Christ as a new creation.

4. **Listen to God** (5-10 min)

- a. **Listen and Journal**: Ask, "Father, is there anything You want to speak to me today?" Write in a journal the words and Scriptures God speaks to you.

Schedule 30 min of time with God each day

	Monday	Tuesday	Wed	Thurs	Friday	Saturday	Sunday
5:00 am							
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12 noon							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							