



## A 30 Day Guide for Worship and Wisdom

## Introduction:

Quiet Time is an essential part of the Christian's Life. It's the practice that help's us grow in our intimacy and obedience to the Lord. It's a practice that the Lord Himself model for us and implied by its practice to be vital to our becoming who God has ordained us to be. Mark 1:35 records, "Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed." (NKJV)

For over the 50 years that I have been a Christian, it has been this time alone with Lord in the early morning hours that has kept me focused, faithful and stedfast in my walk and relationship with him.

And it's this practice, that I am introducing you to in this 30 Day guide, that has been the cornerstone for deepening my intimacy and developing my obedience to Him.

My prayer is that as you make this a practice of your life, you will too, reap the same, if not greater benefits, than I have had. May God richly bless you as you spend time alone with Him.

## How to Use this Guide?

Each day you will be given an assigned reading, five Psalms and one Proverbs corresponding with the day of the week. The five Psalms that you will read, will be decided by the addition of 30. For example Psalms 1, 31, 61, 91, & 121, are determined by adding 30, to the corresponding day of the week.

Each day you will be asked to Read, Reflect, Record and Recite! Read, the passages assigned; Reflect on what you have read and what you sense God is saying to you; and Record, write down those reflections in the space provided, as well as any passage or verse you are promoted to memorize. The last thing you will be asked to do is Recite, in other words, tell someone what you have learned from your time alone with God. This will help you remember and apply the truths that you learn.

For the months with thirty-one days, that day will be a day of Review. To review those thoughts and verses that were most impacting to you during the month.

Are you ready to worship and to gain wisdom? Then let the journey begin!



Psalms 1, 31, 61, 91 & 121; And Proverbs 1

REFLECT: What has spoken to you from what you have just read?
RECORD:
What is the Holy Spirit saying to you about your life? (Your relationship with God and with others; Your private and inner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts ar impression in the space provided.
RECITE:
Who comes to your mind that you need to share these thoughts and impressions with? Write their name(s) and pray for them and call or text them before the day is over.







Psalms 2, 32, 62, 92, & 122; And Proverbs 2

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r ii	What is the Holy Spirit saying to you about your life? (Your elationship with God and with others; Your private and nner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts and impression in the space provided.
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t	RECITE: Who comes to your mind that you need to share these houghts and impressions with? Write their name(s) and pray for them and call or text them before the day s over.



Psalms 3, 33, 63, 93 & 123; And Proverbs 3

REFLECT:	
What has sp	poken to you from what you have just read?
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What is the relationship inner life; Yo others; You	Holy Spirit saying to you about your life? (Your with God and with others; Your private and our your Public and Professional witness before r social media activity.) Write those thoughts and in the space provided.
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RECITE:	s to your mind that you need to share these
	nd impressions with? Write their name(s)
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is over.	







Psalms 4, 34, 64, 94 & 124; And Proverbs 4

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RECORD: What is the Holy Spirit saying to you about your life? relationship with God and with others; Your private ar inner life; Your your Public and Professional witness to others; Your social media activity.) Write those though impression in the space provided.	nd pefore
RECITE: Who comes to your mind that you need to share t thoughts and impressions with? Write their name and pray for them and call or text them before the is over.	e(s)



Psalms 5, 35, 65, 95 & 125; And Proverbs 5

REFLECT:
What has spoken to you from what you have just read?
RECORD:
What is the Holy Spirit saying to you about your life? (Your relationship with God and with others; Your private and inner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts an impression in the space provided.
RECITE:
Who comes to your mind that you need to share these thoughts and impressions with? Write their name(s) and pray for them and call or text them before the day is over.







Psalms 6, 36, 66, 96 & 126; And Proverbs 6

REFLECT:
What has spoken to you from what you have just read?
RECORD:
What is the Holy Spirit saying to you about your life? (Your relationship with God and with others; Your private and nner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts an
mpression in the space provided.
RECITE:
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s over.



Psalms 7, 37, 67, 97 & 127; And Proverbs 7

PSallis 1, 31, 61, 91 & 121, And Proverbs 1
<b>REFLECT:</b> What has spoken to you from what you have just read?
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RECORD:
What is the Holy Spirit saying to you about your life? (Your relationship with God and with others; Your private and inner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts and impression in the space provided.
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and pray for them and call or text them before the day is over.







Psalms 8, 38, 68, 98 & 128; And Proverbs 8

CT: s spoken to you from what you have just read?
D: the Holy Spirit saying to you about your life? (Your hip with God and with others; Your private and; Your your Public and Professional witness before our social media activity.) Write those thoughts and on in the space provided.
: mes to your mind that you need to share these s and impressions with? Write their name(s) y for them and call or text them before the day
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Psalms 9, 39, 69, 99 & 129; And Proverbs 9

What has	spoken to you from what you have just read?
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thoughts	es to your mind that you need to share thes and impressions with? Write their name(s) for them and call or text them before the da







Psalms 10, 40, 70, 100, 130; And Proverbs 10

REFLECT:	
What has spoken to you from what you have just read?	
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RECORD:	
What is the Holy Spirit saying to you about your life? (You relationship with God and with others; Your private and nner life; Your your Public and Professional witness before thers; Your social media activity.) Write those thoughts a mpression in the space provided.	re
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RECITE:  Who comes to your mind that you need to share thes thoughts and impressions with? Write their name(s) and pray for them and call or text them before the da	
s over.	_



Psalms 11, 41, 71, 101 & 131; And Proverbs 11

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REFLECT:
What has spoken to you from what you have just read?
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RECORD:
What is the Holy Spirit saying to you about your life? (Your
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inner life; Your your Public and Professional witness before
others; Your social media activity.) Write those thoughts and
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RECITE:
Who comes to your mind that you need to share these
thoughts and impressions with? Write their name(s)
and pray for them and call or text them before the day
is over.







Psalms 12, 42, 72, 102 & 132; And Proverbs 12

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Your d efore ts and
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Psalms 13, 43, 73, 103 & 133; And Proverbs 13

<b>REFLECT:</b> What has spoken to you from what you have just read?
RECORD: What is the Holy Spirit saying to you about your life? (Your relationship with God and with others; Your private and inner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts an impression in the space provided.
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thoughts and impressions with? Write their name(s) and pray for them and call or text them before the day is over.







Psalms 14, 44, 74, 104 & 134; And Proverbs 14

REFLECT: What has spoken to you from what you have just read?
RECORD: What is the Holy Spirit saying to you about your life? (Your relationship with God and with others; Your private and inner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts and impression in the space provided.
RECITE: Who comes to your mind that you need to share these thoughts and impressions with? Write their name(s) and pray for them and call or text them before the day is over.



Psalms 15, 45, 75, 105 & 135; And Proverbs 15

What has	: spoken to you from what you have just read?
relationsh inner life; others; Yo	: e Holy Spirit saying to you about your life? (Your ip with God and with others; Your private and Your your Public and Professional witness before ur social media activity.) Write those thoughts and n in the space provided.
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Psalms 16, 46, 76, 106 & 136; And Proverbs 16

CT: s spoken to you from what you have just read?
D: the Holy Spirit saying to you about your life? (Your hip with God and with others; Your private and; Your your Public and Professional witness before our social media activity.) Write those thoughts and on in the space provided.
: mes to your mind that you need to share these s and impressions with? Write their name(s) y for them and call or text them before the day
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PSaints 17, 47, 77, 107 & 137, And Proverbs 17
REFLECT:
What has spoken to you from what you have just read?
RECORD:
What is the Holy Spirit saying to you about your life? (Your relationship with God and with others; Your private and inner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts and impression in the space provided.
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RECITE:
Who comes to your mind that you need to share these
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is over.







Psalms 18, 48, 78, 108 & 138; And Proverbs 18

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RECORD: What is the Holy Spirit saying to you about your life? relationship with God and with others; Your private ar inner life; Your your Public and Professional witness to others; Your social media activity.) Write those though impression in the space provided.	nd pefore
RECITE: Who comes to your mind that you need to share t thoughts and impressions with? Write their name and pray for them and call or text them before the is over.	e(s)



Psalms 19, 49, 79, 109 & 139; And Proverbs 19

REFLECT What has	: spoken to you from what you have just read?
relationshi inner life; ` others; Yo	e Holy Spirit saying to you about your life? (Your p with God and with others; Your private and Your your Public and Professional witness before ur social media activity.) Write those thoughts and in the space provided.
thoughts	es to your mind that you need to share these and impressions with? Write their name(s) for them and call or text them before the day







Psalms 20, 50, 80, 110 & 140; And Proverbs 20

CT: s spoken to you from what you have just read?
D: the Holy Spirit saying to you about your life? (Your hip with God and with others; Your private and; Your your Public and Professional witness before our social media activity.) Write those thoughts and on in the space provided.
: mes to your mind that you need to share these s and impressions with? Write their name(s) y for them and call or text them before the day
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Psalms 21, 51, 81, 111 & 141; And Proverbs 21

REFLECT: What has spoken to you from	what you have just read?
RECORD: What is the Holy Spirit saying relationship with God and with inner life; Your your Public and others; Your social media activimpression in the space provide	others; Your private and d Professional witness before vity.) Write those thoughts and
RECITE: Who comes to your mind that thoughts and impressions wand pray for them and call of is over.	vith? Write their name(s)







Psalms 22, 52, 82, 112 & 142; And Proverbs 22

	d?
RECORD: What is the Holy Spirit saying to you about your life? relationship with God and with others; Your private ar inner life; Your your Public and Professional witness to others; Your social media activity.) Write those though impression in the space provided.	nd pefore
RECITE: Who comes to your mind that you need to share t thoughts and impressions with? Write their name and pray for them and call or text them before the is over.	e(s)



Psalms 23, 53, 83, 113 & 143; And Proverbs 23

REFLECT:
What has spoken to you from what you have just read?
What has spoken to you from what you have just read!
RECORD:
What is the Holy Spirit saying to you about your life? (Your relationship with God and with others; Your private and inner life; Your your Public and Professional witness before others; Your social media activity.) Write those thoughts and impression in the space provided.
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RECITE:
Who comes to your mind that you need to share these
thoughts and impressions with? Write their name(s)
and pray for them and call or text them before the day
is over.







Psalms 24, 54, 84, 114 & 144; And Proverbs 24

CT: s spoken to you from what you have just read?
D: the Holy Spirit saying to you about your life? (Your hip with God and with others; Your private and; Your your Public and Professional witness before our social media activity.) Write those thoughts and on in the space provided.
: mes to your mind that you need to share these s and impressions with? Write their name(s) y for them and call or text them before the day
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Psalms 25, 55, 85, 115 & 145; And Proverbs 25

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REFLECT:	
What has spoken to you from what you have just read?	
RECORD:	
What is the Holy Spirit saying to you about your life? (You relationship with God and with others; Your private and inner life; Your your Public and Professional witness beforethers; Your social media activity.) Write those thoughts a impression in the space provided.	re
RECITE: Who comes to your mind that you need to share thes thoughts and impressions with? Write their name(s) and pray for them and call or text them before the dais over.	







Psalms 26, 56, 86, 116 & 146; And Proverbs 26

REFLECT: What has spoken to you from what you have just read?	at you have just read?	
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RECORD: What is the Holy Spirit saying to you about your life? (You relationship with God and with others; Your private and inner life; Your your Public and Professional witness beforothers; Your social media activity.) Write those thoughts a impression in the space provided.	re	
RECITE: Who comes to your mind that you need to share thes thoughts and impressions with? Write their name(s)		
and pray for them and call or text them before the da is over.	<b>y</b>	





Psalms 27, 57, 87, 117 & 147; And Proverbs 27

What has	ि: spoken to you from what you have just read?
relationsh inner life; others; Yo	: le Holy Spirit saying to you about your life? (Your lip with God and with others; Your private and Your your Public and Professional witness before our social media activity.) Write those thoughts and in the space provided.
thoughts	es to your mind that you need to share these and impressions with? Write their name(s) for them and call or text them before the day







Psalms 28, 58, 88, 118 & 148; And Proverbs 28

	ELECT: It has spoken to you from what you have just read?
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Who	CITE: o comes to your mind that you need to share these ughts and impressions with? Write their name(s) pray for them and call or text them before the day ver.





Psalms 29, 59, 89, 119 & 149; And Proverbs 29

What has	F: spoken to you from what you have just read?
relationsh inner life; others; Yo	e Holy Spirit saying to you about your life? (Your ip with God and with others; Your private and Your your Public and Professional witness before our social media activity.) Write those thoughts and n in the space provided.
thoughts	nes to your mind that you need to share these and impressions with? Write their name(s) for them and call or text them before the day







Psalms 30, 60, 90, 120 & 150; And Proverbs 30

REFLECT: What has sp	ooken to you from what you have just read?
RECORD:	
relationship inner life; Yo others; Your	Holy Spirit saying to you about your life? (Your with God and with others; Your private and our your Public and Professional witness before social media activity.) Write those thoughts and in the space provided.
RECITE:	
Who comes thoughts a	s to your mind that you need to share these nd impressions with? Write their name(s) or them and call or text them before the day
What is the relationship inner life; Yo others; Your impression i  RECITE: Who comes thoughts are and pray for the relationship inner life; You others; Your impression in the relationship inner life; You others are also in the relationship in the	with God and with others; Your private and our your Public and Professional witness before social media activity.) Write those thoughts and in the space provided.  Is to your mind that you need to share these and impressions with? Write their name(s)





Review — The 31st Day is the same as the 1st Day of the Month. Therefore go over what you have learned through the month and determine to make this a monthly habit in your life, and see how your worship will deepen and your wisdom increase as your spirit receives what God give you from His Word.

Now, each month read the assigned readings. Go over your notes and receive what God will reveal to you each you go through. Stick to it for a year and see where you are by the end. Paul put it well when he said, "Eye has not seen, nor ear heard, Nor have entered into the heart of manThe things which God has prepared for those who love Him." (1 Cor. 2:9)





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