

THE DAILY PAUSE

A GUIDE TO A VIBRANT DEVOTIONAL LIFE



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INTRODUCTION

WHAT IS THE DAILY PAUSE?

The Daily Pause is a guide intended to help followers of Jesus have a vibrant devotional life! A vibrant devotional life is how a follower of Jesus cultivates a closeness with the Father, with God. Life is fast and we need to intentionally pause each day to establish and experience the ongoing relationship with God that we have because of the finished work of Jesus and the indwelling of the Holy Spirit.

THE PRESUMPTION

That followers of Jesus have been shown how and thus are engaging with God through prayer and His Word daily, personally, privately. When we assume this then we don't talk about it and we don't equip or assist one another in this most important practice. It's a deadly presumption and leads to treating Christianity as a religion and not a relationship.

THE PATTERN

Jesus paused and pulled away often (Mark 1:35; Mark 6:30-33, 45-47) to spend time with his Father. He taught his followers to do the same (Matt. 6:1, 3, 6, 17; John 15:1-11). This is a pattern that showed a priority!

THE PURPOSE

That Jesus would speak into my soul for my good, the good of others, and God's glory, which makes this daily act different from a bible study that primarily focuses on learning more about God generally. A devotional life primarily focuses on knowing God personally, experiencing Him by hearing from Him. It's design serves the aim of cultivating a closeness with a personal being.

THE PLAN

When Jesus pulled away we don't know the specifics of what he did but, he did something to engage personally with his Father. Through faith in the finished work of Jesus and through the indwelling of the Holy Spirit we call God our Heavenly Father! And we need a plan, a guide to cultivate our relationship with Him. Without a plan we can live many days feeling without a Father. A plan helps us relate to our Father; a guide helps us grow in our personal knowledge of Him. Whether or not you already have a plan, this guide can be a catalyst for you to meet with your Heavenly Father every day.

WHAT'S INVOLVED?

Monday through Saturday at the same time, in the same place (as much as possible), you will pause to **FOCUS-FEED-FEEL**. That's it; that's The **Daily Pause**. It's very simple but very effective. As you do it more you'll add, modify, make it your own because this is a relationship being cultivated, not a checklist to mark off. Typically this process takes between 20-60 minutes. You'll need this booklet, a Bible, a notebook, and a pen.



FOCUS

- **Specifically:** read a section of eight short verses from Psalm 119 to focus your mind on God through His prescribed tool, His Word.

By doing this every day, at the end of the year you'll have read through Psalm 119 twice!

- To help focus you may do these two things:

- 1) Write a phrase of a verse that aids you, sobers you, focuses you.
- 2) Sing/listen to a portion of a song that awakens your desire for God

Check out page 3 for some suggestions!



FEED

- **Specifically:** using **WEFC's Daily Readings** on page 4, **Read a section, about 5-15 verses, 3-4 times** to feed your heart with verses that give life (Deut. 8:3; Ps 119:11; Luke 24:27).

Use paragraph breaks in your Bible to help you divide up the chapter with the goal of covering 2 chapters a week

- As you read **listen/look for a MostValuableVerse (MVV)**. This is a verse that really stands out to you, a verse you are either intrigued by, moved emotionally by, or uniquely interested in by.

Don't over-complicate or over-think this! Just seek God through His word and work to find a verse that you can press into and enjoy hearing more from God! Don't make this mystical or mysterious, simply use God's Word to know Him!

- As you write down the **MVV** ask God about the meaning of this verse, seeking what He intends to say to you, wants you to consider from this verse.

- Write down what the **MVV** means, generally and then specifically.

This is the most meaningful part! Try to answer how this speaks into your life right now. Writing things down in this section enables you to go back over it throughout the year, marking all that you have learned personally from God, having heard from Him!



FEEL

- **Specifically:** pray for **ME** using the **CAP** prayer method
Confess - "Sorry!"

Ask - "Help!" (needs = "PLEASE! wants = "Please.")

Praise - "Wow! Thanks!"

Consider making a bullet point list of these prayers with dates next to them

- **Specifically:** pray for **WE** using **The Prayer Spiral** method (see page 5)

SUNDAY - THE SABBATH PRINCIPLE

God taught us at the beginning of time that we should rest at least once a week from our normal labor. In this, there is a command an invitation to embrace God's established rhythms in that during one day our physical activity reflects our reliance upon someone else's work, Jesus' saving work on the cross. Sunday is a natural day to treat as your sabbath.

This is expressed in three ways:

First, gathering not to work but to worship with a community of believers, most likely in the morning. **Second**, physically resting by doing different activities from what you do other days. There is a difference between biblical rest and leisure or entertainment. Restful activities are those that refuel you, restore you, and help you enjoy God. This could include walks alone or with others, reading, woodworking, games with family, fishing, etc. Whatever restful activity you do it is unhurried, not pressure filled, not driven by a goal. **Third**, taking time in the evening to get ready for the week spiritually ready by looking back, listening today, and looking ahead. With a journal and a Bible, privately take time to work through these questions:

LOOKING BACK

- What Scriptures did God use in my life this week?
- In what ways did God respond to some of my prayers this week?

LISTENING TODAY

- What from this morning's worship was especially meaningful to me?
- Who from my church family is on my heart to pray for today?

LOOKING AHEAD

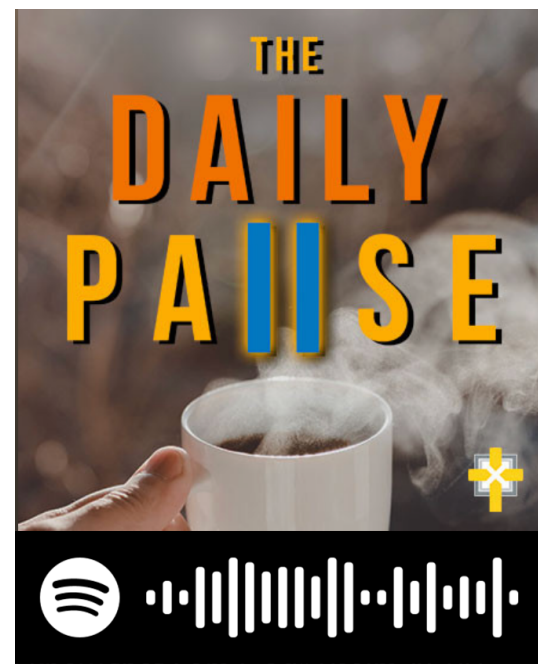
- What is happening this week that I need God's help with?
- How can I help others become complete in Christ this week?

SONGS

SING EACH DAY TO **FOCUS**

WEFC has curated a Spotify playlist of songs to aid you as you commune with Jesus. To access the Spotify Playlist, follow these instructions:

- < Open your Spotify app.
 - < Click "Search" icon at the bottom.
 - < Choose the "Camera" icon in the upper right hand corner.
 - < Point your Camera toward the Spotify code to the right.
- Enjoy!



WEFC 2022 DAILY READINGS

TWO CHAPTERS EACH WEEK TO **FEED**

The chapters provided as the primary places in Scripture to feed on are very intentional. They make up what over 40 spiritual leaders consider the most important chapters in the Bible to grasp God's grand story. Even more, when it comes to a vibrant devotional life the amount of Scripture to process is of utmost importance and thus the pace is huge! These daily readings include 104 of the 929 chapters in the Bible, 6 of which you choose on your own. This means that each day you are never going to feed on more than 5-15 verses. More than that, you can't absorb it; and if you get behind, you feel like you can't catch up.

So each week you will cover just two chapters of the Bible. At the beginning of the week (Sunday), you will look at the two chapters for the week and break them up per day. (i.e. Monday - Gen. 1:1-13; Tuesday - Gen. 1:14-25; Wednesday - Gen. 1:26-31; Thursday - Gen. 2:1-9; Friday - Gen. 2:10-17; Saturday - Gen. 2:18-24)

Week 1: Genesis 1, 2
Week 2: Genesis 3, 9
Week 3: Genesis 12, 17
Week 4: Gen. 45, Exodus 34
Week 5: Exo. 34, Deuteronomy 6
Week 6: 2 Samuel 7, Psalm 23
Week 7: Psalm 46, 51
Week 8: Psalm 103, 145
Week 9: Proverbs 3, Isaiah 6
Week 10: Isaiah 40, 43
Week 11: Isaiah 53, 58
Week 12: Jer. 31, Lamentations 3
Week 13: Daniel 6, 7
Week 14: Matthew 1, 5
Week 15: Matthew 6, 7
Week 16: Matthew 23, 24
Week 17: Matthew 25, 26
Week 18: Matthew 27, 28
Week 19: Luke 1.2
Week 20: Luke 11. 23
Week 21: Luke 24, John 1
Week 22: John 2. 3
Week 23: John 4, 14
Week 24: John 15, 17
Week 25: John 20, 21
Week 26: Acts 1, 2

Week 27: Acts 4, 7
Week 28: Acts 8, 9
Week 29: Acts 10, 15
Week 30: Romans 1, 3
Week 31: Romans 5, 6
Week 32: Romans 7, 8
Week 33: Romans 10, 12
Week 34: 1 Corinthians 13, 15
Week 35: 2 Cor. 12, Galatians 5
Week 36: Ephesians 1, 2
Week 37: Ephesians 3, 4
Week 38: Ephesians 6, Philippians 2
Week 39: Colossians 1,3
Week 40: 1 Thes. 4, 1 Timothy 1
Week 41: 1 Timothy 3, Titus 3
Week 42: Hebrews 1, 4
Week 43: Hebrews 11. 12
Week 44: James 1,3
Week 45: 1 Peter 1.2
Week 46: 1 Peter 3, 1 John 4
Week 47: Revelation 5, 7
Week 48: Revelation 19. 20
Week 49: Revelation 21, 22
Week 50: You Pick!
Week 51: You Pick!
Week 52: You Pick!

PRAYER SPIRAL

PRAY EACH DAY TO **FEEL**

Use the Prayer Spiral to pray for all the people and spheres of influence in your life. You may want to cover more than what is allocated each day if time allows, and you will always incorporate urgent needs. But once again, the amount of what you cover each day in prayer must be an appropriate amount for you to personally engage and bring before God. The goal is to work through the spiral every week so at the end of the week you are able to say you have faithfully covered those people and things in your life in prayer. As you do this you'll modify, add, tweak, and make it your own. One idea to get started is to use a 3X5 card or note on your phone for each day. As the weeks go by you can add scripture, specific requests, etc. On top of this, you might want to contact those you pray for each day just to say you care about them and that you prayed for them.

- **Everyday** - yourself
- **Monday** - immediate family (spouse, kids, parents, siblings, etc.)
- **Tuesday** - extended family & core friends
- **Wednesday** - known unbelievers/neighbors; evangelistic opportunities
- **Thursday** - church family needs, vision, leaders, new leaders
- **Friday** - missionaries, other local churches, co-workers, community
- **Saturday** - global mission of God, missionaries
- **Sunday** - sabbath principle, looking back, listening today, looking ahead (see Page 3)



A SAMPLE DAY

This is a sample for what The Daily Pause might look like written out in your notebook for a day (Wednesday). Consider writing out **FOCUS-FEED-FEEL** as headers in your notebook for structure.



FOCUS

Psalms 149:17-24

vs. 24 Your testimonies are my delight,
they are my counselors.

Sing chorus of "Build my Life"- "I will build my life upon your Word"



FEED

Ephesians 1:11-23

MVV vs. 11b ...having been predestined according to the purpose of him who works ALL things according to the counsel of his will...

General - All things somehow mysteriously by God's sovereignty are infused with purpose, are redeemed by God to be purposefully used, in seeing His will carried out.

Specific - What comfort! God, I can't imagine how you can infuse and redeem with purpose, the difficulty I am going through but Your Word says you work all things, all things! God, since you infuse and redeem, purpose even into difficulties then God, give me the grace to endure to learn all you want me to. It's hard but I submit to what I am going through as part of the counsel of Your will, and Your will is good!



FEEL

ME

Confess - I'm sorry that I doubt at times and take my eyes off you.

Ask - Give me eyes to see you working in and around me this week.

Praise - Thanks for Your Word that realigns me to your purpose.

WE (it's Wednesday - Prayer Spiral = neighbors)

Fred- he's going through a job transition

Bill & Sue - I'm not sure where they are spiritually; give me an opportunity to serve them and have a spiritual conversation



**CREATED BY
THE WEFC PASTORAL STAFF**



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