

THE
DAILY
PAUSE

A GUIDE TO A VIBRANT DEVOTIONAL LIFE



westfieldefc.com

WHAT IS THE DAILY PAUSE?

THE PRIORITY: being connected to the very heart of the Father

The Daily Pause is a guide to help followers of Jesus have a vibrant devotional life where one cultivates a closeness with God. Life is fast and busy demanding that we intentionally pause each day to experience and enhance the relationship we have with God. This relationship is having access to the heart of the Father by faith in the finished work of Jesus through the indwelling of the Holy Spirit (Romans 5:1-5).

THE PRESUMPTION: everyone naturally knows how and is regularly practicing this

In reality, not only do many followers of Jesus not know the importance of connecting to the heart of God they haven't been shown how! Sadly, most local churches do not rightly emphasize this nor spend adequate time equipping people with this vital part of discipleship (becoming like Jesus by being connected to the Father). When it is assumed, the gospel & christianity becomes a stale religion rather than a life-giving and sustaining relationship (see John 14).

THE PATTERN: to regularly, routinely pause to be with the Father through prayer and the word

Jesus paused and pulled away often to spend time with His Father even on the most busy of days (see Mark 6) including the first day of his public ministry (see Mark 1-2)! Jesus taught his first followers to do the same as Him and anticipated them passing this pattern on to the next followers and so on. This pattern showed a priority and kept the right priority.

THE PURPOSE: to cultivate an ongoing closeness with God the Father

While there are highs and lows to every relationship, we are to strive to cultivate a consistent, constant closeness with God! We are to daily come before God devotionally that He would speak into my soul for my good, the good of others, and God's glory. While slightly different than a bible study, a devotional time focuses on knowing God personally, experientially. Its design of hearing from God (through the Spirit illuminating the inspired word) and talking with God (through the Spirit helping us converse with God through anointed prayer) serves the aim of cultivating a closeness with a personal being.

THE PLAN: every day in the same place, FOCUS FEED & FEEL at a soul-level

We don't know the specifics of what Jesus did when he pulled away to spend time with His Heavenly Father but he did something (Mark 6:46-47)! He had a plan for how to engage personally with His Father! And we need a plan, a guide to cultivate our relationship with Him. Without a plan, we can live many days without a Father though claiming to be His child. Whether or not you already have a plan, **The Daily Pause** is to be a catalyst for your relationship with God!

WHAT IS THE DAILY PAUSE?

THE PACE: unhurried with regard to time, not overwhelmed with regard to content

When it comes to a vibrant devotional life the pace is unspeakably important which involves two things: portion or the amount of Scripture to process with God through prayer is unspeakably important & place or the atmosphere in which you regularly pause to meet with God.

When it comes to place, think simple and same. You should designate a place that is easily accessible to you. And that place should have minimal distractions or clutter, only things that excite you to come because they usher you into God's presence. (i.e. no screen or at least all notifications turned off, you may want quiet music or silence, hidden or out of the way, ect.).

When it comes to portion, think less is more. This isn't the time to accomplish reading through the Bible in a year, even though that is a good goal. This isn't the time to catch up on reading you are behind on, even though that is good as well. This is time to sit not overwhelmed with thoughts or content, able to process thoroughly what God wants you to.

That's why it seems the range of 10-25 verses a day is the right portion which is about 2 chapters a week. Keeping in mind there are 31,302 verses in the bible, here's the simple math:

$$\begin{aligned} 20 \text{ verses a day} \times 6 \text{ days a week} &= 120 \text{ verses per week} \\ 120 \text{ verses a week} \times 26 \text{ weeks a year} &= 3120 \text{ verses per year} \\ 3120 \text{ verses a year} \times 10 \text{ years} &= 31200 \text{ verses per decade} \end{aligned}$$

**At a pace of 2 chapters a week it would take you 10 years to devotionally get through the bible.*

Each day you'll **FOCUS FEED & FEEL** on no more than 10-25 verses. More than that and you can't absorb it. So, at the beginning of the week (Sunday), you will break up about 2 chapters of the Bible around 20 chapters for each day. They can be consecutive chapters or diversified chapters (see the examples below; see pages 7&8 for a full diversified plan).

| | | | | |
|---------------------------------|------------------|---------------|---------------|---------------|
| | | Week 1 | Week 2 | Week 3 |
| <i>Consecutive Reading Plan</i> | MONDAY | Gen. 1:1-13 | Gen. 3:1-8 | Gen. 5:1-10 |
| | TUESDAY | Gen. 1:14-25 | Gen. 3:9-16 | Gen. 5:11-22 |
| | WEDNESDAY | Gen. 1:26-31 | Gen. 3:17-24 | Gen. 5:23-32 |
| | THURSDAY | Gen. 2:1-9 | Gen. 4:1-9 | Gen. 6:1-8 |
| | FRIDAY | Gen. 2:10-17 | Gen. 4:10-18 | Gen. 6:9-15 |
| | SATURDAY | Gen. 2:18-25 | Gen. 4:19-26 | Gen. 6:16-22 |
| | | Week 1 | Week 2 | Week 3 |
| <i>Diversified Reading Plan</i> | MONDAY | Matt. 1:1-17 | Gen. 1:1-13 | Gen. 21:1-7 |
| | TUESDAY | Matt. 1:18-25 | Gen. 1:14-25 | Gen. 21:8-14 |
| | WEDNESDAY | Matt. 2:1-12 | Gen. 1:26-31 | Gen. 21:19-21 |
| | THURSDAY | Matt. 2:13-15 | Gen. 2:1-9 | Gen. 21:22-34 |
| | FRIDAY | Matt. 2:16-18 | Gen. 2:10-17 | Gen. 22:1-14 |
| | SATURDAY | Matt. 2:19-23 | Gen. 2:18-25 | Gen. 22:15-24 |

WHAT'S INVOLVED

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

FOCUS

Specifically: read one verse or a section of eight verses of Psalm 119 to focus your mind on God through His prescribed tool, His word!

- To help you focus you may want to write a phrase of a verse, sing/listen to a portion of a song that awakens your desire for God, or simply pray for God to meet you.

FEED

Specifically: read your selected portion of verses (10-25) three to four times to feed your heart on God's word.

- As you read, listen/look for a **Most Valuable Verse (MVV)**. This is a verse that stands out to you, a verse you are either intrigued with, moved emotionally by, or uniquely interested in. Don't over-complicate or over-think this. Just listen for God's voice through God's word. Don't make this mystical or mysterious, simply use God's word to hear from God.
- Write down the MVV, asking God in prayer about the meaning of the verse, inquiring of Him as to what He is wanting to say or have you considered from the verse.
- Write out what you are hearing. This is the most meaningful part. It's when you write down generally what the verse means but then specifically how this speaks into your life right now. Writing things down enables you to go back over it throughout the year, marking all that you have learned personally from God, about God, with God!

FEEL

Specifically: pray for yourself (me) using the CAP prayer method

- Confess - "Sorry!"
- Ask - Big Needs: "HELP PLEASE!" Small Wants: "help please."
- Praise - "Wow! Thanks!"

Specifically: pray for others (we) using the Prayer Spiral method on page 5.

**to help you with your prayers, consider utilizing prayer cards which you can find on pages 11-22.*

DAILY PAUSE: SAMPLE DAY

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

FOCUS

Psalms 149:17-24

verse 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 (Writing out prayers or just prayer topics for yourself in a journal)

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 (Thursday Prayer Card: neighbors/Co-workers)

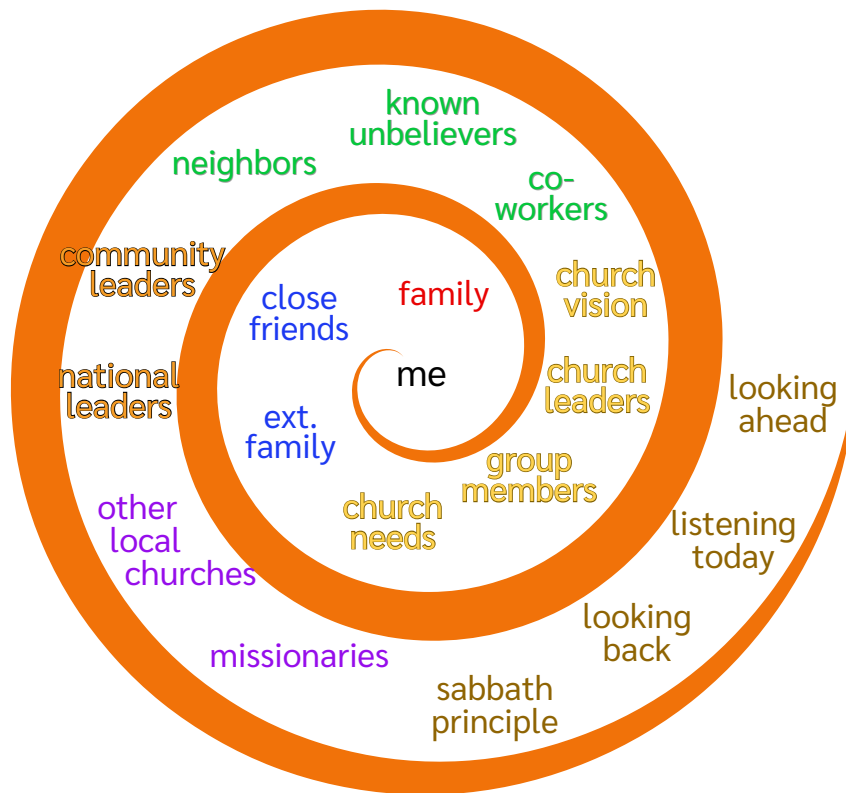
Fred - he's going through a job transition.

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

PRAYER SPIRAL

The **Prayer Spiral** helps you cover in prayer every week all the people and spheres of influence in your life. Each day you'll pray for yourself and any urgent things on your heart, but the **Prayer Spiral** identifies each day a specific group of people or area of your life. The goal is to work through the spiral day by day so at the end of every week you are able to say you have faithfully covered your life in prayer. As you do this you'll modify, add, tweak, and make it your own.

One idea is to utilize the "prayer cards" provided on pages 11-22. 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 have prayed for them. You can notice there is an inward to outward progression throughout the week.



EVERYDAY - yourself

MONDAY - immediate family: spouse, kids, parents, siblings, etc.

TUESDAY - core relationships: close friends, extended family

WEDNESDAY - local church: needs, vision, leaders, group members

THURSDAY - known unbelievers: neighbors, co-workers

FRIDAY - region: community and national leaders

SATURDAY - world: missionaries, other local churches

SUNDAY - sabbath principle: looking back, listening today, looking ahead (see page 6)

THE SABBATH PRINCIPLE

God modeled for us at the beginning of time that we should have a rhythm of rest and work every week (Genesis 1). As part of the 10 commandments (Exodus 20 & Deuteronomy 5) and Jesus' teaching on the Sabbath (Mark 2) God invites us to embrace this rhythm of setting aside one day of the week and resting from our physical activity to show our reliance upon someone else's work, Jesus' saving work on the cross. This is called the **Sabbath Principle**. Due to the nature of our culture work week and that most churches gather on Sunday, Sunday is a natural day for most to practice this principle including corporate worship as part of the practice.

The specifics of practicing the **Sabbath Principle** will look slightly different to each person depending on their season of life as well as what helps them rest and delight in God. Here are two thoughts to help guide you to practice the **Sabbath Principle**: First, there is a difference between biblical rest and leisure or entertainment. Restful activities are thought to refuel you, restore you, and help you enjoy God. It isn't merely resting physically and mind-numbingly checking out on a screen. Restful activities are unhurried, not pressure-filled, not driven by a goal. They could include walks alone or with others, reading, woodworking, games with family, fishing, etc. You might do some chores or errands on that day but that isn't the focus or purpose of the day. Second, taking time in the evening to get ready for the week spiritually is a big part of this. 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

WEFC has curated a Spotify playlist of songs to aid you as you commune with Jesus. To access the Spotify playlist, scan the QR code with the camera on your phone and enjoy the music!



WHOLE BIBLE 10 YEAR READING PLAN: YEARS 1 - 5

| WEEK | YEAR 1 | YEAR 2 | YEAR 3 | YEAR 4 | YEAR 5 |
|------|---------------------------|-----------------------|-----------------------------|----------------------------|-----------------------|
| 1 | Matt. 1*,2 | Matt. 3,4 | Matt. 5*,6* | Matt. 7*,8 | Matt. 9,10 |
| 2 | Gen. 1*,2* | Gen. 3*,4 | Gen. 5,6 | Gen. 7,8 | Gen. 9*,10 |
| 3 | Gen. 21*,22 | Gen. 23,24 | Gen. 25,26 | Gen. 27*,28 | Gen. 29,30 |
| 4 | Gen. 41,42 | Gen. 43,44 | Gen. 45*,46 | Gen. 47,48 | Gen. 49,50 |
| 5 | Exo. 11,12 | Exo. 13,14 | Exo. 15,16* | Exo. 17,18 | Exo. 19,20* |
| 6 | Matt. 21,22 | Matt. 23*,24* | Matt. 25*,26* | Matt. 27*,28* | Mark 1,2 |
| 7 | Exo. 31,32 | Exo. 33,34* | Exo. 35,36 | Exo. 37,38 | Exo. 39,40 |
| 8 | Lev. 11,12 | Lev. 13,14 | Lev. 15,16 | Lev. 17,18 | Lev. 19,20 |
| 9 | Num. 4,5 | Num. 6,7 | Num. 8,9 | Num. 10,11 | Num. 12,13 |
| 10 | Num. 24,25 | Num. 26,27 | Num. 28,29 | Num. 30,31 | Num. 32,33 |
| 11 | Mark 13,14 | Mark 15,16 | Luke 1*,2* | Luke 3,4 | Luke 5,6 |
| 12 | Deut. 8,9 | Deut. 10,11 | Deut. 12,13 | Deut. 14,15 | Deut. 16,17 |
| 13 | Deut. 28,29 | Deut. 30,31 | Deut. 32,33 | Deut. 34, Josh. 1 | Josh. 2,3 |
| 14 | Josh. 14,15 | Josh. 16,17 | Josh. 18,19 | Josh. 20,21 | Josh. 22,23 |
| 15 | Judg. 10,11 | Judg. 12,13 | Judg. 14,15 | Judg. 16,17 | Judg. 18,19 |
| 16 | Luke 17,18,19 | Luke 20,21,22 | Luke 23*,24* John 1* | John 2*,3*,4* | John 5,6,7 |
| 17 | 1 Sam. 5,6 | 1 Sam. 7,8 | 1 Sam. 9,10 | 1 Sam. 11,12 | 1 Sam. 13,14 |
| 18 | 1 Sam. 25,26 | 1 Sam. 27,28 | 1 Sam. 29,30 | 1 Sam. 31, 2 Sam. 1 | 2 Sam. 2,3 |
| 19 | 2 Sam. 14,15 | 2 Sam. 16,17 | 2 Sam. 18,19 | 2 Sam. 20,21 | 2 Sam. 22,23 |
| 20 | 1 Kings 10,11 | 1 Kings 12,13 | 1 Kings 14,15 | 1 Kings 16,17 | 1 Kings 18,19 |
| 21 | Acts 2*,3,4* | Acts 5,6,7* | Acts 8*,9*,10* | Acts 11,12,13 | Acts 14,15*,16 |
| 22 | 2 Kings 8,9 | 2 Kings 10,11 | 2 Kings 12,13 | 2 Kings 14,15 | 2 Kings 16,17 |
| 23 | 1 Chron. 3,4 | 1 Chron. 5,6 | 1 Chron. 7,8 | 1 Chron. 9,10 | 1 Chron. 11,12 |
| 24 | 1 Chron. 23,24 | 1 Chron. 25,26 | 1 Chron. 27,28 | 1 Chron. 29, 2 Chron. 1 | 2 Chron. 2,3 |
| 25 | 2 Chron. 14,15 | 2 Chron. 16,17 | 2 Chron. 18,19 | 2 Chron. 20,21 | 2 Chron. 22,23 |
| 26 | Romans 4,5*,6* | Romans 7*,8*,9 | Romans 10*,11,12* | Romans 13-16 | 1 Cor. 1,2,3 |
| 27 | 2 Chron. 34,35,36 | Ezra 1,2 | Ezra 3,4 | Ezra 5,6 | Ezra 7,8 |
| 28 | Neh. 9,10 | Neh. 11,12 | Neh. 13, Esth. 1 | Esth. 2,3 | Esth. 4,5 |
| 29 | Job 6,7 | Job 8,9 | Job 10,11 | Job 12,13 | Job 14,15 |
| 30 | Job 26,27 | Job 28,29 | Job 30,31 | Job 32,33 | Job 34,35 |
| 31 | 2 Cor. 1,2,3 | 2 Cor. 4,5,6 | 2 Cor. 7,8,9 | 2 Cor. 10,11,12*,13 | Gal. 1,2,3 |
| 32 | Ps. 4,5 | Ps. 6,7 | Ps. 8,9 | Ps. 10,11 | Ps. 12,13 |
| 33 | Ps. 24,25 | Ps. 26,27 | Ps. 28,29 | Ps. 30,31 | Ps. 32,33 |
| 34 | Ps. 44,45 | Ps. 46,47 | Ps. 48,49 | Ps. 50,51 | Ps. 52,53 |
| 35 | Ps. 64,65 | Ps. 66,67 | Ps. 68,69 | Ps. 70,71 | Ps. 72,73 |
| 36 | Col. 1*,2,3*,4 | 1 Thes. 1,2 | 1 Thes. 3,4*,5 | 2 Thes. 1-3 | 1 Tim. 1*,2,3* |
| 37 | Ps. 84,85 | Ps. 86,87 | Ps. 88,89 | Ps. 90,91 | Ps. 92,93 |
| 38 | Ps. 104,105 | Ps. 106,107 | Ps. 108,109 | Ps. 110,111 | Ps. 112,113 |
| 39 | Ps. 124,125 | Ps. 126,127 | Ps. 128,129 | Ps. 130,131 | Ps. 132,133 |
| 40 | Ps. 144,145 | Ps. 146,147 | Ps. 148,149 | Ps. 150, Prov. 1 | Prov. 2,3* |
| 41 | Heb. 4*,5,6 | Heb. 7-9 | Heb. 10,11*,12*,13 | James 1*,2 | James 3*,4,5 |
| 42 | Prov. 14,15 | Prov. 16,17 | Prov. 18,19 | Prov. 20,21 | Prov. 22,23 |
| 43 | Ecc. 3,4 | Ecc. 5,6 | Ecc. 7,8 | Ecc. 9,10 | Ecc. 11,12 |
| 44 | Isa. 3,4 | Isa. 5,6* | Isa. 7,8 | Isa. 9,10 | Isa. 11,12 |
| 45 | Isa. 26-28 | Isa. 29-31 | Isa. 32-34 | Isa. 35-37 | Isa. 38-40* |
| 46 | 2 John 1, 3 John 1 | Jude 1, Rev. 1 | Rev. 2-4 | Rev. 5*,6,7* | Rev. 8-10 |
| 47 | Isa. 56-58* | Isa. 59-61 | Isa. 62-64 | Isa. 65,66 | Jer. 1-3 |
| 48 | Jer. 19-21 | Jer. 22-24 | Jer. 25-27 | Jer. 28-30 | Jer. 31*-33 |
| 49 | Jer. 49-52 | Lam. 1,2 | Lam. 3*-5 | Eze. 1-3 | Eze. 4-6 |
| 50 | Eze. 22-24 | Eze. 25-27 | Eze. 28-30 | Eze. 31-33 | Eze. 34-36 |
| 51 | Dan. 4-6* | Dan. 7*-9 | Dan. 10-12 | Hos. 1-4 | Hos. 5-8 |
| 52 | Obad. 1, Jonah 1-4 | Micah 1-3 | Micah 4-7 | Nahum 1-3 | Habak. 1-3 |

WHOLE BIBLE 10 YEAR READING PLAN: YEARS 6-10

| WEEK | YEAR 6 | YEAR 7 | YEAR 8 | YEAR 9 | YEAR 10 |
|------|-------------------------|-----------------------|------------------------|-------------------------|------------------------------|
| 1 | Matt. 11,12 | Matt. 13,14 | Matt. 15,16 | Matt. 17,18 | Matt. 19,20 |
| 2 | Gen. 11,12* | Gen. 13,14 | Gen. 15,16 | Gen. 17*,18 | Gen. 19,20 |
| 3 | Gen. 31,32 | Gen. 33,34 | Gen. 35,36 | Gen. 37,38 | Gen. 39*,40 |
| 4 | Exo. 1,2* | Exo. 3,4 | Exo. 5,6 | Exo. 7,8 | Exo. 9,10 |
| 5 | Exo. 21,22 | Exo. 23,24 | Exo. 25,26 | Exo. 27,28 | Exo. 29,30 |
| 6 | Mark 3,4 | Mark 5,6 | Mark 7,8 | Mark 9,10 | Mark 11,12 |
| 7 | Lev. 1,2 | Lev. 3,4 | Lev. 5,6 | Lev. 7,8 | Lev. 9,10 |
| 8 | Lev. 21,22 | Lev. 23,24 | Lev. 25,26 | Lev. 27, Num. 1 | Num. 2,3 |
| 9 | Num. 14,15 | Num. 16,17 | Num. 18,19 | Num. 20,21 | Num. 22,23 |
| 10 | Num. 34,35 | Num. 36, Deut. 1 | Deut. 2,3 | Deut. 4,5 | Deut. 6*,7 |
| 11 | Luke 7,8 | Luke 9,10 | Luke 11*,12 | Luke 13,14 | Luke 15,16 |
| 12 | Deut. 18,19 | Deut. 20,21 | Deut. 22,23 | Deut. 24,25 | Deut. 26,27 |
| 13 | Josh. 4,5 | Josh. 6,7 | Josh. 8,9 | Josh. 10,11 | Josh. 12,13 |
| 14 | Josh. 24, Judg. 1 | Judg. 2,3 | Judg. 4,5 | Judg. 6,7 | Judg. 8,9 |
| 15 | Judg. 20,21 | Ruth 1,2 | Ruth 3,4 | 1 Sam. 1,2 | 1 Sam. 3*,4 |
| 16 | John 8,9,10 | John 11,12,13 | John 14*,15*,16 | John 17*,18,19 | John 20*,21*, Acts 1* |
| 17 | 1 Sam. 15,16 | 1 Sam. 17,18 | 1 Sam. 19,20 | 1 Sam. 21,22 | 1 Sam. 23,24 |
| 18 | 2 Sam. 4,5 | 2 Sam. 6,7* | 2 Sam. 8,9 | 2 Sam. 10,11 | 2 Sam. 12,13 |
| 19 | 2 Sam. 24, 1 Kings 1 | 1 Kings 2,3 | 1 Kings 4,5 | 1 Kings 6,7 | 1 Kings 8,9 |
| 20 | 1 Kings 20,21 | 1 Kings 22, 2 Kings 1 | 2 Kings 2,3 | 2 Kings 4,5 | 2 Kings 6,7 |
| 21 | Acts 17,18,19 | Acts 20,21,22 | Acts 23,24,25 | Acts 26,27,28 | Romans 1*,2,3* |
| 22 | 2 Kings 18,19 | 2 Kings 20,21 | 2 Kings 22,23 | 2 Kings 24,25 | 1 Chron. 1,2 |
| 23 | 1 Chron. 13,14 | 1 Chron. 15,16 | 1 Chron. 17,18 | 1 Chron. 19,20 | 1 Chron. 21,22 |
| 24 | 2 Chron. 4,5 | 2 Chron. 6,7 | 2 Chron. 8,9 | 2 Chron. 10,11 | 2 Chron. 12,13 |
| 25 | 2 Chron. 24,25 | 2 Chron. 26,27 | 2 Chron. 28,29 | 2 Chron. 30,31 | 2 Chron. 32,33 |
| 26 | 1 Cor. 3,4,5 | 1 Cor. 6,7,8 | 1 Cor. 9,10,11 | 1 Cor. 12,13*,14 | 1 Cor. 15*,16 |
| 27 | Ezra 9,10 | Neh. 1,2 | Neh. 3,4 | Neh. 5,6 | Neh. 7,8 |
| 28 | Esth. 6,7 | Esth. 8,9 | Esth. 10, Job 1 | Job 2,3 | Job 4,5 |
| 29 | Job 16,17 | Job 18,19 | Job 20,21 | Job 22,23 | Job 24,25 |
| 30 | Job 36,37 | Job 38,39 | Job 40,41 | Job 42, Ps. 1 | Ps. 2,3 |
| 31 | Gal. 4,5*,6 | Eph. 1*,2*,3* | Eph. 4*,5,6* | Phil. 1,2* | Phil. 3,4 |
| 32 | Ps. 14,15 | Ps. 16,17 | Ps. 18,19 | Ps. 20,21 | Ps. 22,23* |
| 33 | Ps. 34,35 | Ps. 36,37 | Ps. 38,39 | Ps. 40,41 | Ps. 42,43 |
| 34 | Ps. 54,55 | Ps. 56,57 | Ps. 58,59 | Ps. 60,61 | Ps. 62,63 |
| 35 | Ps. 74,75 | Ps. 76,77 | Ps. 78,79 | Ps. 80,81 | Ps. 82,83 |
| 36 | 1 Tim. 4-6 | 2 Tim. 1-4 | Titus 1-3* | Philemon 1 | Heb. 1*,2,3 |
| 37 | Ps. 94,95 | Ps. 96,97 | Ps. 98,99 | Ps. 100,101 | Ps. 102,103 |
| 38 | Ps. 114,115 | Ps. 116,117 | Ps. 118,119 | Ps. 120,121 | Ps. 122,123 |
| 39 | Ps. 134,135 | Ps. 136,137 | Ps. 138,139 | Ps. 140,141 | Ps. 142,143 |
| 40 | Prov. 4,5 | Prov. 6,7 | Prov. 8,9 | Prov. 10,11 | Prov. 12, 13 |
| 41 | 1 Peter 1*,2*,3* | 1 Peter 4,5 | 2 Peter 1-3 | 1 John 1-3 | 1 John 4*,5 |
| 42 | Prov. 24,25 | Prov. 26,27 | Prov. 28,29 | Prov. 30,31 | Ecc. 1,2 |
| 43 | Song of Sol. 1,2 | Song of Sol. 3,4 | Song of Sol. 5,6 | Song of Sol. 7,8 | Isa. 1,2 |
| 44 | Isa. 13,14 | Isa. 15,16 | Isa. 17-19 | Isa. 20-22 | Isa. 23-25 |
| 45 | Isa. 41-43* | Isa. 44-46 | Isa. 47-49 | Isa. 50-52 | Isa. 53*-55 |
| 46 | Rev. 11-13 | Rev. 14-16 | Rev. 17,18 | Rev. 19*,20* | Rev. 21*,22* |
| 47 | Jer. 4-6 | Jer. 7-9 | Jer. 10-12 | Jer. 13-15 | Jer. 16-18 |
| 48 | Jer. 34-36 | Jer. 37-39 | Jer. 40-42 | Jer. 43-45 | Jer. 46-48 |
| 49 | Eze. 7-9 | Eze. 10-12 | Eze. 13-15 | Eze. 16-18 | Eze. 19-21 |
| 50 | Eze. 37-39 | Eze. 40-42 | Eze. 43-45 | Eze. 46-48 | Dan. 1-3 |
| 51 | Hos. 9-11 | Hos. 12-14 | Joel 1-3 | Amos 1-4 | Amos 5-9 |
| 52 | Zeph. 1-3, Hagg. 1,2 | Zech. 1-4 | Zech. 5-9 | Zech. 10-14 | Malachi 1-4 |

APPENDIX:

WEEKLY PAUSE FOR FAMILIES/FRIENDS

While we daily pause as individuals to foster a vibrant devotional life with Jesus, it is also a priority to weekly pause with those we live with. Some people call this family worship or home worship. It doesn't take the place of gathering to worship with a local church family rather it helps establish healthy spiritual rhythms in a chaotic world.

The idea is to set a time at least once a week where you pause with those you live with to worship Jesus together. This could be done after a meal, at the end or beginning of the week, or whenever the entire household is home at the same time. When all together, you read, pray and sing (in whatever order you want). That's it! Those are the ordinary means of grace by which we together connect with God. Many families, fathers and mothers, rightly desire to do this but struggle, just like with devotions, without a plan. The hope is that this can be a plan your household starts with to pause weekly to connect with Jesus together.

READ scripture and then process together 3 follow-up questions.

- 1) *Observation*: What is one thing that stands out to you from the passage?
- 2) *Interpretation*: What do you think one of the main points of the passage is?
- 3) *Application*: What does this passage lead you to do today, this week?

PRAY about the applications shared and more!

Options:

- You pray
- Ask someone to pray
- Everyone prays
- Repeat a passage together as a prayer (i.e. Psalm 23, Luke 11:1-8, etc.)

SING or even listen to a song together

Options:

- Listen to a song on Spotify: WEFC Daily Pause
- Everyone sing together a familiar known song
- One person sings for everyone
- Include someone playing an instrument while singing

THE
DAILY
PAUSE



APPENDIX:

WEEKLY PAUSE FOR FAMILIES/FRIENDS

(CONTINUED)

TOP 52 BIBLE STORIES

| | | | | | |
|--------------------------------------|--|-------------------------------------|----------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Genesis 1-2 | <input type="checkbox"/> Judges 16 | <input type="checkbox"/> Isaiah 6 | <input type="checkbox"/> John 4 | <input type="checkbox"/> Mark 15 | <input type="checkbox"/> Acts 15 |
| <input type="checkbox"/> Genesis 3 | <input type="checkbox"/> 1 Samuel 17 | <input type="checkbox"/> Jeremiah 1 | <input type="checkbox"/> John 9 | <input type="checkbox"/> John 20 | <input type="checkbox"/> Acts 19 |
| <input type="checkbox"/> Genesis 4 | <input type="checkbox"/> 2 Samuel 11-12 | <input type="checkbox"/> Daniel 3 | <input type="checkbox"/> John 11 | <input type="checkbox"/> Matthew 28 | <input type="checkbox"/> Acts 20 |
| <input type="checkbox"/> Genesis 6-8 | <input type="checkbox"/> 1 Kings 18 | <input type="checkbox"/> Daniel 6 | <input type="checkbox"/> Luke 15 | <input type="checkbox"/> John 21 | <input type="checkbox"/> Revelation 1 |
| <input type="checkbox"/> Genesis 11 | <input type="checkbox"/> 2 Kings 19 | <input type="checkbox"/> Jonah 1 | <input type="checkbox"/> Luke 10 | <input type="checkbox"/> Acts 1 | <input type="checkbox"/> Revelation 2 |
| <input type="checkbox"/> Genesis 12 | <input type="checkbox"/> 1 Chronicles 11 | <input type="checkbox"/> Matthew 4 | <input type="checkbox"/> Mark 10 | <input type="checkbox"/> Acts 2 | <input type="checkbox"/> Revelation 3 |
| <input type="checkbox"/> Exodus 14 | <input type="checkbox"/> 2 Chronicles 2 | <input type="checkbox"/> Matthew 14 | <input type="checkbox"/> Luke 19 | <input type="checkbox"/> Acts 6 | <input type="checkbox"/> Revelation 4 |
| <input type="checkbox"/> Exodus 20 | <input type="checkbox"/> Ezra 3 | <input type="checkbox"/> Matthew 17 | <input type="checkbox"/> John 13 | <input type="checkbox"/> Acts 7 | <input type="checkbox"/> Revelation 5 |
| <input type="checkbox"/> Num. 13-14 | <input type="checkbox"/> Nehemiah 8 | <input type="checkbox"/> Mark 5 | <input type="checkbox"/> John 17 | <input type="checkbox"/> Acts 9 | <input type="checkbox"/> Revelation 12 |
| <input type="checkbox"/> Joshua 6 | <input type="checkbox"/> Job 1,2,42 | <input type="checkbox"/> Luke 5 | <input type="checkbox"/> Mark 14 | <input type="checkbox"/> Acts 10 | <input type="checkbox"/> Revelation 22 |



WHO:

MONDAY: IMMEDIATE

WHO:

MONDAY: IMMEDIATE



WHO:

MONDAY: IMMEDIATE

WHO:

MONDAY: IMMEDIATE



WHO:

TUESDAY: CORE

WHO:

TUESDAY: CORE



| | |
|------|---------------|
| WHO: | TUESDAY: CORE |
| | |

| | |
|------|---------------|
| WHO: | TUESDAY: CORE |
| | |



WHO:

WEDNESDAY: LOCAL CHURCH

WHO:

WEDNESDAY: LOCAL CHURCH



WHO:

WEDNESDAY: LOCAL CHURCH

WHO:

WEDNESDAY: LOCAL CHURCH



WHO/WHAT:

THURSDAY: UNBELIEVERS

WHO/WHAT:

THURSDAY: UNBELIEVERS



WHO/WHAT:

THURSDAY: UNBELIEVERS

WHO/WHAT:

THURSDAY: UNBELIEVERS



WHAT:

FRIDAY: REGION

WHAT:

FRIDAY: REGION



WHAT:

FRIDAY: REGION

WHAT:

FRIDAY: REGION



WHO/WHAT:

SATURDAY: WORLD

WHO/WHAT:

SATURDAY: WORLD

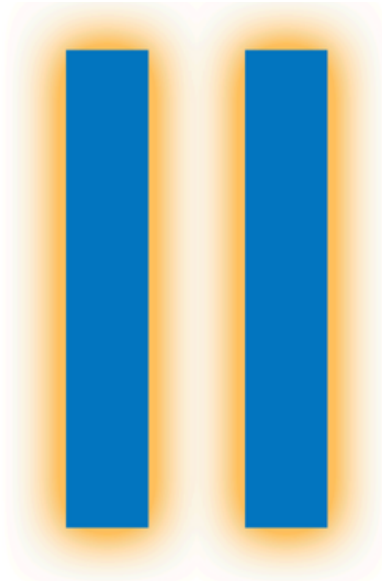


WHO/WHAT:

SATURDAY: WORLD

WHO/WHAT:

SATURDAY: WORLD



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