

PERSONAL WORSHIP / DAILY TIME WITH GOD:

- The goal is to “show up” out of a want to build a life of prayer and friendship with God. We don’t always feel close to God, or feel we have time, or don’t always feel like taking time to pray contemplatively. Make a commitment to God to “show up” each day even if your time with God may feel less connected or stimulating than other times. As with any relationship, if you are chasing a feeling, the relationship will never be able to grow.
- It’s natural for the mind to wander. If your mind wanders do not give up. Each time you find your thoughts wandering just bring yourself back into focus.
- Work at each tier (see GOALS below) until you accomplish that tier. Work at your pace. Once you accomplish the goal for a particular tier, move on and work on the next tier until you accomplish that goal. Don’t be afraid to use a timer if you find it helpful.
- Do not lose sight of the goal! The pursuit is God, not checking off boxes or meeting a standard. The “tier” goals below are only meant to be a guide to help build spiritual discipline and habits. This may take longer for some than others.
- What do we mean by meditative/contemplative prayer? Meditative/Contemplative Prayer is direct engagement and communication with God in your inner being and mind, not just reading an article or a passage.
- When you meet with your partner, discuss how you are doing so you can encourage each other. Each person may move at a different pace. This is not a competition between fellow Christians, but a want and desire to have a better prayer life, deeper relationship with God, and to live for Christ and honor him. God will bless your desire to pursue him at whatever pace.

PERSONAL WORSHIP/PRAYER GOALS

- **Tier 1**
5 minutes quiet and alone with God in prayer focusing on worship using the Psalms or another passage of Scripture you choose. When this is accomplished for 14 consecutive days move to tier 2. If you miss a day, you start over until you accomplish 14 consecutive days.
- **Tier 2**
8 minutes a day – 14 days. If you miss a day you start over until you accomplish 14 consecutive days. You do not need to go back to tier 1. Once you accomplish a tier you work on the next tier until you accomplish that goal.
- **Tier 3**
12 minutes a day – 21 days consecutive
- **Tier 4**
15 minutes a day – 21 days consecutive
- **Tier 5**
20 minutes – 25 out of 30 days.
- **Tier 6**
30 minutes – 25 out of 30 days.