

PUT YOUR MASK ON FIRST

GET INSPIRED | 30X30 CHALLENGE
SPEND 30 MINUTES W/ GOD DAILY FOR 30 DAYS

WORSHIP

5-10 MINUTES

- **THANKSGIVING.** SPEND TIME THANKING GOD FOR WHO HE IS & WHAT HE'S DONE. MAKE A LIST OR JOURNAL IF IT HELPS.
- **PRAISE.** LISTEN TO 1-2 SONGS. USE THE PARADOX SPOTIFY PLAYLISTS OR CREATE YOUR OWN THAT LEADS YOU INTO THE PRESENCE OF GOD.

BIBLE

10-15 MINUTES

- **READ IT.** USE THE PARADOX RECOMMENDED PLANS ON YOUVERSION OR PICK YOUR OWN. HIGHLIGHT VERSES THAT GRAB YOUR ATTENTION, AND USE THE QUESTIONS ON THE BACK AS A GUIDE.
- **PRAY IT.** PICK A PSALM, PROMISE, OR ATTRIBUTE OF GOD. PERSONALIZE IT AND PRAY IT BACK TO GOD.
- **MEDITATE ON IT.** PICK A VERSE TO MEMORIZE OR THINK ABOUT MORE.

PRAYER

10-15 MINUTES

- **PRAY FOR YOURSELF.** TALK WITH GOD, CONFESS SIN, FORGIVE OTHERS, AND SHARE YOUR HEART ABOUT WHATEVER IS GOING ON.
- **PRAY FOR OTHERS.** CREATE A PRAYER CALENDAR. ASK PEOPLE HOW YOU CAN PRAY FOR THEM. WRITE IT DOWN AND PRAY IT!
- **PRAY THE MISSION .** PRAY FOR THOSE WHO DON'T KNOW JESUS, THE CHURCH, LEADERS, AND THE NATIONS. MAKE A LIST IF IT HELPS.

LISTEN

5-10 MINUTES

- **ASK QUESTIONS.** IF THIS IS NEW, TRY USING THESE...
FATHER, IS THERE ANYTHING YOU WANT TO SPEAK TO ME TODAY?
WHAT DO YOU WANT TO SAY TO ENCOURAGE ME TODAY?
WHAT DO YOU WANT ME TO KNOW ABOUT YOU, MYSELF, OR MY LIFE/SITUATION?
- **JOURNAL .** LISTEN FOR WHAT THE HOLY SPIRIT SAYS (OFTEN THROUGH THOUGHTS OR SCRIPTURE) AND WRITE IT DOWN.

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DISCOVERY BIBLE STUDY
GET INTO GOD'S PRESENCE & GOD'S WORD

AFTER YOU READ A PASSAGE...

- **SUMMARIZE.** RE-TELL OR RE-WRITE WHAT YOU READ IN YOUR OWN WORDS. WHAT IS THE MAIN POINT?
- **ASK.** WHAT DOES THIS PASSAGE REVEAL ABOUT GOD?
- **ASK.** WHAT DOES IT REVEAL ABOUT US? (PEOPLE OR YOURSELF)
- **APPLY.** WHAT CAN YOU APPLY FROM THIS PASSAGE?
IS THERE A...
 - SIN TO CONFESS?
 - PROMISE TO CLAIM?
 - ATTITUDE TO CHANGE?
 - COMMAND TO OBEY?
 - EXAMPLE TO FOLLOW?
 - PRAYER TO PRAY?
 - ERROR TO AVOID?
 - TRUTH TO BELIEVE?
- **SHARE.** WHO CAN YOU SHARE THIS WITH?



Paradox Church



SPOTIFY PLAYLISTS



YOUVERSION READING