

Think of this day as a day when you and your heavenly Father get to be together for up to eight hours.

Then put yourself in God's role as a parent...

If you were to have eight hours to spend with your child one-on-one – let's say he's five years old – what would you plan to do with him? You might plan to have fun together, do a special activity he really enjoys, you might take him to his favorite place, you might plan a walk, a meal together, a time of reading together, singing together, a time of resting, or even time for a nap! It would be a restful, relaxing day, just the two of you. Sometimes you'd talk, and sometimes you'd just be together. By the end of the day, you'd be much closer because the two of you spent time together, all by yourselves.

That's the kind of day God wants to have with you. Don't think of it as a "work" day, and that you have to pray for two hours for your family, or for work, or for friends, and then pray one hour for new vision for your future, and then read the Bible for two hours, etc. It's fine if God leads you that way, but allow Him to lead throughout the day. He knows what you need. For example, He may know that instead of intense prayer and Bible reading, you need to have your mind free to hear from Him – no input aside from His Spirit gently speaking to your spirit in that still small voice as you're taking a walk. Maybe He will lead you to go for a long drive, or a short walk. Maybe He will lead you to spend some time in a park on a swing, or listening to good music.

Here's what you may want to bring along:

- a listening ear
- an open heart
- a willingness to take a nap
- eyes to see and ears to hear the lessons from nature if you go on a walk, or sit outside for awhile
- your Bible
- book(s) that God has led you to recently
- a notebook
- your favorite music
- a heart to worship the Lord, and talk with Him
- food and beverages

Have joy. Rest. Laugh. See where God leads you.

Our Father in Heaven,*PRAYER THEMES*

- Relate as a child...tell God about your day, the good and the bad, the hard, the hurts, the joys, the doubts...
- Admit to Him that you are like a helpless child who needs their daddy...
- Spend time telling how much you love Him and why.

May Your Name be honored.*PRAYER THEMES*

- Thank Him for specific things He has done for you or others today.
- Spend time meditating on one or more names or attributes of God.

May Your Kingdom Come Soon.**May your will be done here on earth just as it is in heaven.***PRAYER THEMES*

- Spend time asking God to guidance in any areas of your own life where you are unsure of what His will is. Pray about obedience issues.
- Ask God to work out His will in other situations that you are aware of...family, friends, work, church, etc.
- God's Kingdom comes when God is King in the hearts of people...first pray for specific people you know to come to know God.

Give us our food for today.*PRAYER THEMES*

- This is an easy one. Personal daily needs for you and others that you care about.

Forgive us our sins,**just as we have forgiven those who have sinned against us.***PRAYER THEMES*

- First ask God to search your heart and your day. Spend time asking Him for forgiveness for specific actions or attitudes or failures.
- Next ask God to bring to mind anyone that you have not forgiven, someone who has hurt you, someone you don't like, someone you hold a bitterness against. Forgive them.

And don't let us yield to temptation, but deliver us from the evil one.*PRAYER THEMES*

- Spiritual Battle Prayers...spend timing praying for God to strengthen you and grow you to withstand testing and temptation.
- You may look ahead and ask God to show you places where the enemy is scheming to trip you up and trap you.
- Ask God to reveal any lies that have been messing you up.

For Yours is the Kingdom and the power, and the glory forever. Amen.*PRAYER THEMES*

- Finish simply with a time of thanksgiving for what God is going to do in the future.