**DAILY PERSONAL WORSHIP:**

*“Today the heart of God is an open wound of love. He aches over our distance and preoccupation. He mourns that we do not draw near to him. He grieves that we have forgotten him. He weeps over our obsession with muchness and manyness. He longs for our presence.”* - Richard Foster, Prayer : 1

**Personal Worship**

Personal worship is a means to deepen a personal relationship with Jesus, which is the first of the Five Proofs of Discipleship. It is more than a daily devotional; it is coming into the presence of Christ daily to employ multiple spiritual disciplines, such as prayer, confession, meditation, journaling, and Scripture study, for which we will be held accountable to our covenant group members. (Genesis 5: 21-24, 2 Timothy 3:16-17)

**Basic Elements of Personal Worship**

**Praise/Centering/Adoration**

-“Our Father who art in heaven hollowed be thy name; for thine is the kingdom, and the power and the glory, forever….”

-Psalms

-Breath Prayers

**Confession**

 - “Forgive us our sins, as we forgive those who sin against us”

- Journal Wesley’s 22 questions

**Scripture Reading and Reflection**

 - What did I hear?

 - Commentaries/opinions/readings

 - How I do apply it?

**Thoughtful Prayer**

-“Give us this day our daily bread; Lead us not into temptation, but deliver us from the evil one”

-Thanksgivings

-Supplications

**Yield**

 - “Thy kingdom Come, Thy will be done (on earth as it is in heaven)”

 -What do you need to ‘give up’ to God?

 - By God’s grace and the Holy Spirit I will….

**ACTS METHOD**

A…adoration

C…Confession

T…Thanksgiving

S…Supplication

**PRAY Method**

P…Praise

R…Repent

A…Ask

Y…Yield

