



This is YOUR 20 minutes with Jesus! You're going to love it and He will too! Listen to [her.BIBLE](#) on our [free audio Bible app](#) in relatable women's voices.

*Find a place free from distractions, anywhere away from the busyness of home or work.

Start with worship:

- Praise God for who He is and what He's done.
- Listen to a song on this [worship playlist](#)
- Or, if you get stuck, look at [Psalm 40](#) or [Isaiah 40:25-31](#) and worship Him through scripture.

Get into God's Word:

- Listen to God's word while you read it!
- A good place to start reading/listening is through a Psalm or one of the Gospels. ([Matthew](#), [Mark](#), [Luke](#), and [John](#))

Journal:

Take some time to reflect on what God is saying to you.

- What did Jesus show you about himself?
 - What is the scripture telling you?
 - Is there something God is asking you to do?
 - Is there an area of your life where you need to trust God?
- Be honest and share your heart with Him as you write.

Pray:

- Thank God for your time with Him.
- Ask Him to help you remember His Word throughout the day.
- Give your cares, concerns, and praises to the Lord.