

*My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Proverbs 4:20-22 (NIV)*

## **My Words**

How about I start out talking. **That would be fine with me. What would you like to say to me?** I have set apart a time and place to meet with you. A day does not go by that I haven't made it priority to hear from you. **I've noticed that about you. You are consistent. You are determined. You are relentless.** I am paying full attention to your words. I am listening very carefully to everything you want to say to me. I am remaining still before you. I am being quiet in your presence. I am focused. I am eager. I am expectant. I am straining to hear every one of your words. There is no place I would rather be than in your presence. There is nothing I would rather do than hear from you. **Those are very good desires that you have in your heart.** I know that these desires in my heart come from you. You are fanning the flame of my desire for you. **Yes, I am.**

**What has my word done for you?** Your word has guarded and guided my life. Your word has steered me away from danger. Your word has guided the course of my life. Your word has helped me to know and do your will. Your word has helped me to think your thoughts, speak your words and do your deeds. Your word has helped me to stand against temptation and evil that is in the world. Your word has helped me to do what is pleasing in your sight. Your word has filled me with joy. Your word has made me glad. Your word has given me hope. Every good thing that I have received now and will receive forever has come to me through your word. Your word has healed what was once a bruised and battered and broken life. Now, your word has brought health to my body and healing to my entire being. I am so thankful for your word. **That is very good.**

**What will you never stop doing with my word?** I will never stop listening to your word. I will never stop putting your word into practice. There will never be a day that I don't need to hear from you. There will never be a day that I will stop needing to know your will. There will never be a day when I don't need to put your word in practice. I will always hear your words. I will also do your will. Speak to me Lord. I am listening. **Yes, I know that you are.**

*Father, I will pay attention to your word by listening closely to whatever you say to me. Your word will not leave my sight. I will keep your word in my heart. Thank you for helping me to hear your word. Your word has brought life and health to my whole body. Amen*





**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you pay attention to God's word so that it penetrates your life and brings health to your entire being.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, I will pay attention to your word so that it can penetrate my life and bring health to my entire being.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I let your word penetrate my life and health to my being today?*

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