

12 Then the apostles returned to Jerusalem from the hill called the Mount of Olives... 13 When they arrived, they went upstairs to the room where they were staying... 14 They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers. Acts 1:12-14

Each Day

BREATHE IN:

First thing in the morning or early in the day find a quiet moment Read the set short piece of scripture Pray that God would fill you with his Spirit Pray for the people you are likely to meet this day

PAUSE:

Set a timer for 12PM Say the Lord's Prayer

BREAHTE OUT:



1 PETER 1:1-2

Peter, an apostle of Jesus Christ,

To God's elect, exiles, scattered throughout the provinces of Pontus, Galatia, Cappadocia, Asia and Bithynia, ² who have been chosen according to the foreknowledge of God the Father, through the sanctifying work of the Spirit, to be obedient to Jesus Christ and sprinkled with His blood: Grace and peace be yours in abundance.

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1 PETER 1:12

12 It was revealed to them that they were not serving themselves but you, when they spoke of the things that have now been told you by those who have preached the gospel to you by the Holy Spirit sent from heaven. Even angels long to look into these things.

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1 PETER 2:2

²Like new-born babies, crave pure spiritual milk, so that by it you may grow up in your salvation.

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BREAHTE OUT:



1 PETER 2:9-10

⁹ But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light. ¹⁰ Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

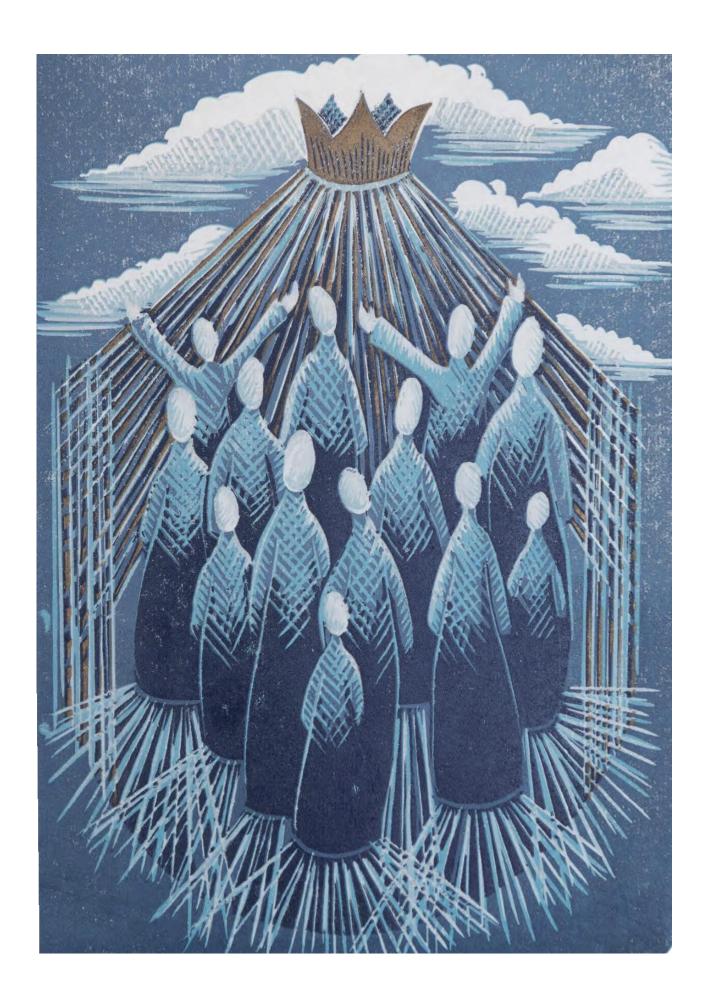
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1 PETER 3:4

⁴Rather, it [your beauty] should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

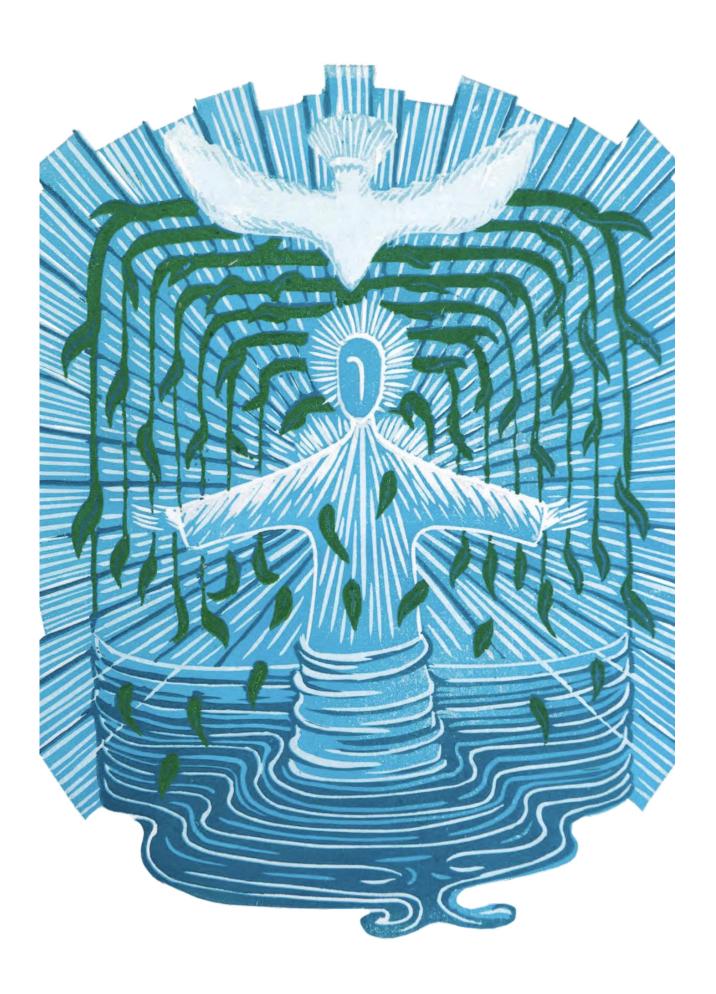
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PETER 3:18

¹⁸ For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.

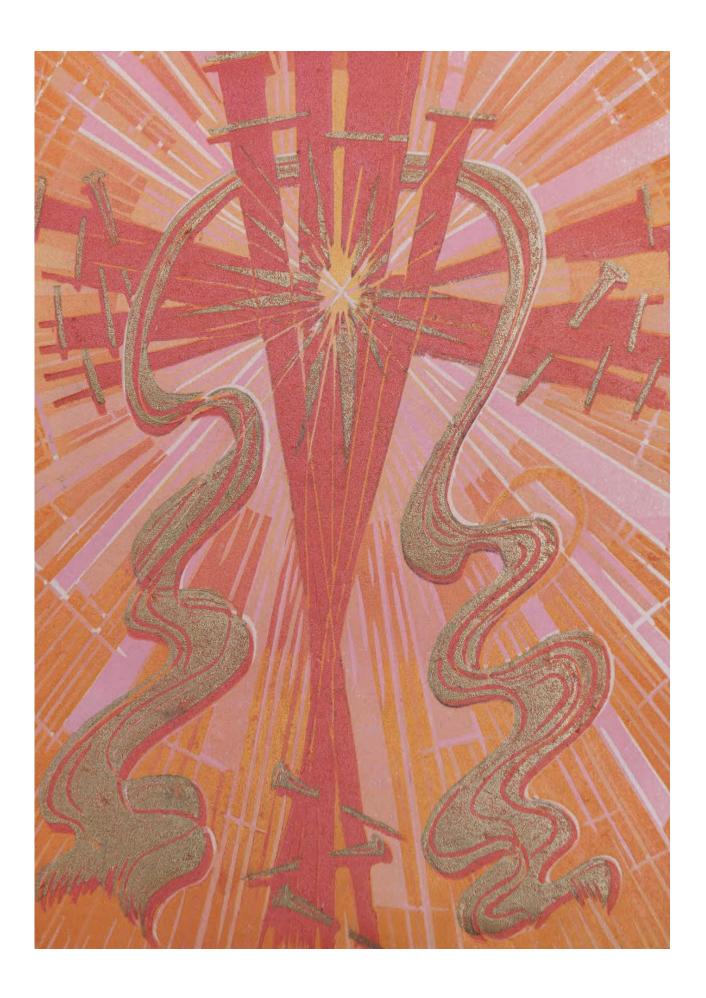
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1 PETER 4:6

⁶ For this is the reason the gospel was preached even to those who are now dead, so that they might be judged according to human standards in regard to the body, but live according to God in regard to the spirit.

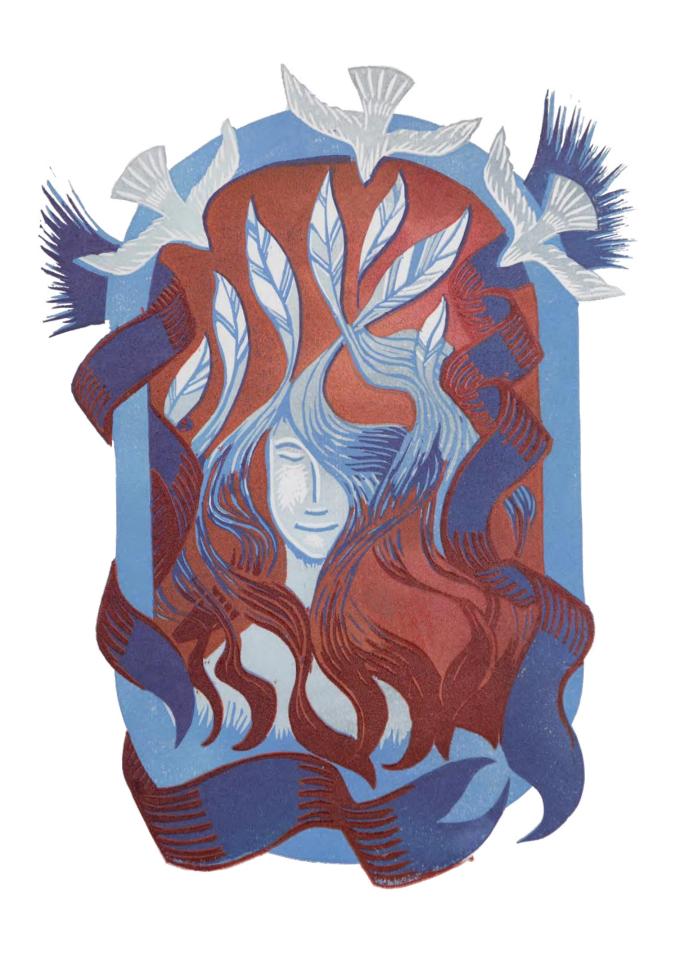
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1 PETER 4:14

¹⁴ If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you.

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