



## Office of Bishop C. B. Peter Morgan

*Ambassador of the Kingdom of God called Nationally to the People of Jamaica;  
Regionally to the Caribbean; and Internationally to the Jamaican Diaspora*

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### RE: DEVOTIONAL READING SCHEDULE

Begin your spiritual journey with thanksgiving and Praise unto the Lord. This will position you into a place of intimacy with the Lord. You will be able to access Him, to find Rest in His Presence and to gaze upon His Beauty. Of course it will take you through the process of cleansing, consecration and commitment with the wisdom, strength and anointing for the service to which you have been called. To get maximum benefit I recommend the following:

1. Separate yourself to a quiet place to spend at least 50 minutes each morning.
2. Begin with reading aloud the eight Praise passages presented on the separate sheet, and be absorbed by it.
3. Spend a few minutes praying in the Spirit.
4. Read the passage assigned for the day.
5. Remember *to study a verse a day, and keep a personal daily journal*
6. *Do a special summary review / reflection on each Saturday.*
7. **Sundays** are open to do as you will but to prepare yourself for the coming week's exercise.

*Although 50 minutes is suggested, you may determine a comfortable and convenient length of time for each day's meditation. The important thing is to be disciplined and consistent. Although each day is important, it is the cumulative effect which will make the difference.*

#### **The Saturday Review Session**

On Saturdays take a longer time of retreat (one hour) in order to reflect on the experience of the entire week. These thoughts must be recorded with the view to sending me a copy of your response to the questions below reflecting your week's journey.

If you send them each Saturday, I will read them prayerfully and respond to you in the Lord.

#### **Ask yourself the following questions:**

1. *What have I learned this week?*
2. *What scriptures have meant most to me, and why?*
3. *What has God said to me about myself?*
4. *What changes have been demanded of me?*
5. *What am I prepared to do about them?*
6. *What reassurances have I received about myself?*
7. *What questions still linger in my mind?*
8. *How would I rate my journey this week (1-10), and why?*
9. *Am I prepared to continue?*
10. *What else do I wish to add to the above?*

## 50 Minutes alone with God

(Prepared by CB Peter Morgan

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*“Give ear to my words, O Lord, consider my meditation.. My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, and will look up”.*(Psalm 5. Verse 1-3)

50 minutes a day of Spiritual Devotion will prepare you to build the character you need to take care of the business of the day and face the relationships you will encounter.

This exercise involves *Worshipping* (devotional thanksgiving, praise and surrender to God); *Penitence* (the process of confession, repentance and detoxification); *Meditating* (reading, listening, inquiring); *Memorizing* (a faith-based thought to shape your conscience); *Journaling* (reflective writing); *Petitions and Proclamations* (prayers and declarations of faith to face the day).

### **Preparation**

Set aside 50 minutes (preferably in the morning: sometime between 5:00-7:00 a.m.) If you give God the first-fruit of your day, the rest of the day will reap a harvest for you. Choose a special place in your home as a sanctuary. Ensure that it is a solitary place & time for you and God alone. Have your Devotional Text, notebook and pen handy.

### **How to Spend the 50 Minutes**

#### ❖ **7 MINUTES OF WORSHIP**

Read through aloud the eight Praise and Worship passages given (*on a separate sheet*).

Hum or sing in the Spirit unto the Lord giving thanks to God for the provision of favor He has provided for you. Praise Him for who He is to you, and commit this devotional time to Him.

#### ❖ **5 MINUTES OF PENITENCE**

Systematically Confess before God how you have sinned (in some select areas), on three levels:

- (1) In your Thoughts and Imagination
- (2) In your Words and Communication
- (3) In your Actions and Behaviors.

#### ❖ **12 MINUTES DEVOTIONAL MEDITATION**

Quietly focus on the Lord for a brief moment. Ask Him to enlighten your mind.

Read your Devotional Passage for the Day. Summarize it in your mind. In a minute of silence allow the Word to speak back to you. Converse with the Lord and seek His revelation.

#### ❖ **3 MINUTES OF SCRIPTURE MEMORIZATION**

Select a statement, a verse that stands out. Read it aloud 2 or 3 times. Study it by heart. You may write it out on a small card and take it with you to rehearse it throughout the day.

#### ❖ **10 MINUTES OF JOURNALING**

What is God saying to you through His Word? What is your response to Him? What practical application can you make? Reflect and write your thoughts down for future reference.

#### ❖ **8 MINUTES IN PETITIONS AND PROCLAMATIONS**

- (1) Requests for "daily bread" to meet your sufficient needs.
- (2) Intercessory concern for others to be blessed as you are blessed
- (3) Seeking instruction in knowledge, understanding and wisdom for the day.
- (4).Declarative statements of Faith and Victory.

#### ❖ **5 MINUTES PRAYING IN THE SPIRIT:**

**SET AN AGENDA FOR THE DAY AND GO FORTH TO SERVE THE LORD TO HIS GLORY.**

## **PRAISE SONGS FOR DAILY RENDITION**

*Recite the following Passages with reflective thanksgiving and praise. Follow it with praying in the Spirit and with the understanding.  
Fifteen minutes first thing in the morning in this exercise will set you on a clear path for the rest of the day!*

### **1. (I speak to myself)**

#### **Psalm 103:1-6.**

Bless the LORD, O my soul;  
And all that is within me, *bless* His holy name!  
Bless the LORD, O my soul,  
And forget not all His benefits:  
Who forgives all your iniquities,  
Who heals all your diseases,  
Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,  
Who satisfies your mouth with good *things*,  
*So that* your youth is renewed like the eagle's.  
The Lord executes righteousness  
And justice for all who are oppressed.

### **(2) (My Public Declaration)**

#### **Psalm 34:1- 4.**

I will bless the LORD at all times;  
His praise *shall* continually *be* in my mouth.  
My soul shall make its boast in the LORD;  
The humble shall hear *of it* and be glad.  
Oh, magnify the LORD with me,  
And let us exalt His name together.  
I sought the Lord and He heard me,  
and delivered me from all my fears.

### **3. (I Testify of Him)**

#### **Revelation 5:9-10**

You are worthy to take the scroll,  
And to open its seals;  
For You were slain,  
And have redeemed us to God by Your blood  
Out of every tribe and tongue and people  
and nation,  
And have made us kings and priests to our  
God;  
And we shall reign on the earth.

### **4. (My Testimony is Confirmed in Heaven)**

#### **Revelation 5:11-12**

I looked, and I heard the voice of many angels around the throne, the living creatures, and the elders; and the number of them was ten thousand times ten thousand, and thousands of thousands, saying with a loud voice:  
“*Worthy is the Lamb who was slain To receive power and riches and wisdom, And strength and honour and glory and blessing!*”

### **5. (I Respond)**

#### **Luke 1:46-50**

My soul magnifies the Lord,  
And my spirit has rejoiced in God my Saviour.  
For He has regarded the lowly state of His servant;  
For behold, henceforth all generations will call me blessed.  
For He who is mighty has done great things for me,  
And holy *is* His name.  
And His mercy is on those who fear Him  
From generation to generation.

### **6. (I Beseech the Lord on behalf of others)**

#### **Psalm 67:3-7**

Let the peoples praise You, O God;  
Let all the peoples praise You.  
Oh, let the nations be glad and sing for joy!  
For You shall judge the people righteously,  
And govern the nations on earth. Selah  
Let the peoples praise You, O God;  
Let all the peoples praise You.  
*Then* the earth shall yield her increase;  
God, our own God, shall bless us.  
God shall bless us,  
And all the ends of the earth shall fear Him.

**7. (Summoning all of Creation)**

**Psalm 148:1-6**

Praise the LORD from the heavens;  
Praise Him in the heights!  
Praise Him, all His angels;  
Praise Him, all His hosts!  
Praise Him, sun and moon;  
Praise Him, all you stars of light!  
Praise Him, you heavens of heavens,  
And you waters above the heavens!

Let them praise the name of the LORD,  
For He commanded and they were created.  
He also established them forever and ever;  
He made a decree which shall not pass  
away

**8. (Joining the Cosmic Symphony of Praise)**

**Psalm 150**

Praise the LORD!  
Praise God in His sanctuary;  
Praise Him in His mighty firmament!

Praise Him for His mighty acts;  
Praise Him according to His excellent  
greatness!

Praise Him with the sound of the trumpet;  
Praise Him with the lute and harp!  
Praise Him with the timbrel and dance;  
Praise Him with stringed instruments and  
flutes!

Praise Him with loud cymbals;  
Praise Him with clashing cymbals!

Let everything that has breath praise the  
LORD. Praise the LORD!