

# MAY

**DATE:**

- MAY 1
- MAY 2
- MAY 3
- MAY 4
- MAY 5
- MAY 6
- MAY 7
- MAY 8
- MAY 9
- MAY 10
- MAY 11
- MAY 12
- MAY 13
- MAY 14
- MAY 15
- MAY 16
- MAY 17
- MAY 18
- MAY 19
- MAY 20
- MAY 21
- MAY 22
- MAY 23
- MAY 24
- MAY 25
- MAY 26
- MAY 27
- MAY 28
- MAY 29
- MAY 30
- MAY 31

**PASSAGE:**

- GENESIS 28
- GENESIS 29
- GENESIS 30
- GENESIS 31
- GENESIS 32
- GENESIS 33
- GENESIS 34
- GENESIS 35
- GENESIS 36
- GENESIS 37
- GENESIS 38
- GENESIS 39
- GENESIS 40
- GENESIS 41
- GENESIS 42
- GENESIS 43
- GENESIS 44
- GENESIS 45
- GENESIS 46
- GENESIS 47
- GENESIS 48
- GENESIS 49
- GENESIS 50
- EXODUS 1
- EXODUS 2
- EXODUS 3
- EXODUS 4
- EXODUS 5
- EXODUS 6
- EXODUS 7
- EXODUS 8

# HOW DO YOU S.P.A.?

## SCRIPTURE

- Father, what is the main scripture for me today?
- Ask the Lord to show you ONE verse from the passage you read and write it down.
- Don't worry if it doesn't make any sense in that moment.

## PROPHETIC WORD

- Father, what are you trying to say to me through this?
- Write down everything you hear the Father tell you in complete sentences (try not to write in bullet-point form)
- Example: "Dear Mary..."

## APPLICATION

- Father, what do you want me to do today?
- Write down the main thing(s) God wants you to do today.
- Keep it short and simple.

## SOME OTHER TIPS

- Before you start to read, take a minute of prayer to quiet your spirit, ask the Father to speak to you, and thank Him.
- Use a Bible reading schedule
- Mark up your Bible! Underline/highlight passages that "jump out to you".
- If you miss a day or two of SPA'ing, start with today's reading and hear what Father God is saying to you. Reject condemnation and guilt!
- Close your time with a prayer.

The logo for Moanalua Gardens Missionary Church, featuring the lowercase letters "mgmc" in a white, sans-serif font inside a solid black circle.

Moanalua Gardens Missionary Church

1401 Mahiole Street, Honolulu, HI 96819

808.839.4002

[www.mgmchawaii.com](http://www.mgmchawaii.com)

Services are on Sundays at 9:00