

**I. THE DAILY 7-UP**

**SEVEN ULTIMATE PRIORITY MINUTES WITH GOD**

This 7-minute structure is strictly a guide to help you develop a consistent and meaningful quiet time with God. This is not meant to inhibit or suppress spontaneity but to enhance it.

**“If you have to make a choice between praying and doing, choose to pray. You will accomplish more, and then achieve more by your doing, because you did.”**

**—Ralph Neighbour, Jr.**

**II. The Breakdown**

**30 seconds—** Invite the Holy Spirit to instruct you

**2 1/2 / 2 minutes—** Read the Word and underline key verses

- A good idea is to start in the book of Galatians
- Read systematically through the New Testament
- On average, a person can read 15 verses in 2 1/2 minutes; mark your spot, then read and P.R.A.Y. from there tomorrow

**4 minutes—** P.R.A.Y. the underlined verses back to God

Example—*“Paul, an apostle – sent not from men nor by a man, but by Jesus Christ...”* – Galatians 1:1a

**III. The P.R.A.Y. Model**

**Praise—**“I praise you as my commander & chief ...” (Gal. 1:1)

**Repent—**“Forgive me for being fearful of man’s opinion of me...”

**Ask—**“Give me boldness to stand up for you today, Lord...”

**Yield or Listen**

We recommend that you buy a can of 7-up. Put the can somewhere in full view to remind you to spend at least seven ultimate priority minutes with God everyday. Our prayer is that seven will extend to seventy.

