

Welcome, Seeker of the Holy Spirit!

We are so glad you have decided to join us on this 30-day adventure to cultivate a relationship with the Holy Spirit of God! It is our belief that you will feel closer to God, more confident in your relationship with Him, and more empowered in your Christian walk for doing so.

This journal is just a guide to get you started. It is a basic plan to kick-start your prayer life and to engage daily with the Holy Spirit. You will get out of it what you put into it. Our encouragement to you is to embrace the process and seek God with all your heart, soul, mind and strength (Luke 10:27) for the next 30 days.

I want to invite you to mark your calendar for April 9, at 6 p.m. We are going to have a prayer gathering at the church where we will celebrate what God has done in the last 30 days, and we will continue to worship and seek Him. It will be a great way to kick off Holy Week!

All that said, here are some instructions for the journal:

- Each day has a Scripture, a thought or a question, and a prayer to pray. The first week is included with your journal. Each week after that, you will have to pick them up at the welcome center or go the church website at [www.croswellwesleyan.com](http://www.croswellwesleyan.com) to get them.
- Your journaling will be a response to what you are reading, and what you feel God is saying to you. We encourage you to be honest and open with God and write down whatever is on your mind. Some days you might write a lot, some days just a little. There is no rule for how much.
- In your notebook, we encourage you to write the scripture verse for the day in your journal. Having your prayers and the Scriptures they came from side by side can be a powerful thing.
- If you miss a day, don't sweat it. If you miss two in a row, sweat a little. If you miss three in a row, you might want to evaluate your commitment to this process. Remember, you will get out of it what you put in.
- The prayers are meant to be cumulative. We are intentionally starting small with just one prayer. The next day, pray that day's prayer AND the first day's prayer. The third day, pray that day's prayer, plus the prayers from the previous two days, and so on. That way, by the end of the 30 days, you will have built a significant time of prayer into your life, with at least 30 things to pray for! We encourage you to include the Scripture verses in your prayers as well. When you pray Scripture, you are literally praying God's will!

If you turned in a commitment card, our staff will be praying for you every morning during the week! We are so excited for what this will mean for you and our church! God bless you as you seek Him.

Sincerely,  
Your CWC staff