

CONNECT *with* GOD



A YEAR OF
ENCOUNTERS & VISITATIONS
2026

7 DAYS *of*
MOVEMENT



Daily Encounter Guide

Daily Encounters are the greatest way to spiritually grow as a disciple of Jesus.

God invites us to meet with Him daily. Just as Israel gathered manna every morning, God teaches us to live in daily dependence, obedience, and intimacy with Him. Daily Encounters are daily discipleship. A disciple is someone who follows Jesus, obeys Him, and builds their life around Him every day. Discipleship is formed through repetition, obedience, intimacy, and trust, not information alone.

1. SET AN APPOINTMENT WITH GOD

Daily encounters begin with intention.

- Choose a **daily time**
- Choose a **daily place**
- Remove distractions
- Expect resistance, and show up anyway

Have an appointment with the Lord every day.

2. WELCOME THE HOLY SPIRIT

Begin by inviting God's presence. Pray:

- "Holy Spirit, You are welcome here."
- "No spirit but the Holy Spirit is welcome."
- "Give me ears to hear."
- "Teach me."
- "Speak, Lord."

3. WORSHIP

Minister to God's heart before asking for anything.

- Play worship music
- Sing, speak, or sit in reverence
- Thank God for who He is. (Ps. 110:4)

4. PRAY THE LORD'S PRAYER

Jesus gave us a daily prayer framework.

Pray slowly and intentionally:

- **"Our Father in heaven..."**
Declare God's holiness.
- **"Your Kingdom come, Your will be done..."**
Surrender your will to His.
- **"Give us this day our daily bread..."**
Ask God for what you need today.
- **"Forgive us our debts..."**
Repent and receive grace.
- **"As we forgive our debtors..."**
Forgive people by name.
- **"Lead us not into temptation..."**
Ask for strength and protection.
- **"Deliver us from evil..."**
Declare victory in Christ.

5. PERSONAL PRAYER LIST

Pray intentionally for:

- Yourself
- Your family
- Your friends
- Your workplace
- Your city
- Your church & leaders
- The Peace of Jerusalem (Psalm 122:6)
- + Add your own

6. READ THE WORD (DAILY BREAD)

God's Word was meant to be encountered daily, not occasionally.

Suggested Reading Plans:

- **15-Minute Plan**
1 Psalm, 1 Proverb, 1 Gospel
- **30-Minute Plan**
1 Psalm, 1 Proverb, 1 Gospel,
1 Old Testament, 1 New Testament,
1 Revelation

7. GIVE GOD ROOM TO SPEAK

Slow down. Listen. Pray:

- "Speak, Lord. Your servant is listening."
- Be still
- Write down what you sense
- Pay attention to Scripture, impressions, or the conviction of the Holy Spirit.

8. ASK HIM TO TEACH YOU HIS WAYS

God desires to form you, not just inform you. Pray:

- "Teach me Your ways."
- "I want what You want, show me what You want."
- Repeat what God says out loud.
- Obey what He reveals.

9. CLOSE WITH THE PRAYER OF ENCOUNTERS



PRAYER *of* ENCOUNTERS

This is where I tell You... I love You, I love You, I love You!

This is where I tell You... You're Holy, You're Holy, You're Holy!

This is where I tell You... Thank You, thank You, thank You!

This is where I tell You... I need You, I need You, I need You!

This is where I tell You... Speak Lord, Your servant is listening!

Twenty Six

YOU CAN CONNECT WITH GOD THROUGH MOVEMENT.

Movement is experiencing God's presence as you move your body physically. Some people feel closest to God while walking, running, hiking, exercising, driving, kneeling in prayer, lifting their hands in worship, dancing before the Lord, or physically going where God is leading them.

Movement is more than physical activity. It is physically pursuing God. Throughout Scripture, movement is often connected to obedience, worship, faith, discipleship, and encounter. God repeatedly called people to move with Him. Abraham left his homeland. Israel followed the cloud and fire. The disciples left everything to follow Jesus. Movement became a pathway to encounter.

When you connect with God through movement, your body becomes engaged in your pursuit of Him. As you move, distractions often fade, your mind becomes focused, and your awareness of God's presence increases. Many people discover they hear God's voice more

clearly while walking, praying, serving, traveling, or simply spending intentional time moving with God.

Movement is not about exercise alone. It is about responding to God's leadership. Sometimes God speaks while you are moving. Sometimes breakthrough comes while you are moving. Sometimes healing, freedom, clarity, and revelation come while you are moving.

Movement is a war on the flesh. The flesh often wants comfort, passivity, delay, and convenience. But movement requires action, faith, and obedience. As you continue moving with God, your spirit grows stronger and your dependence upon Him increases.

Throughout Scripture, God used movement to position people for encounter, consecration, miracles, deliverance, and breakthrough. Movement pushes people beyond comfort and into active obedience where God reveals Himself.

7 DAYS *of* MOVEMENT

Day 1: Physically Pursuing God

Day 2: Movement Is Obedience

Day 3: Movement With God Creates Holy Visitations

Day 4: Movement Is a War on the Flesh

Day 5: It's Easier to Hear God in Movement

Day 6: Movement Releases Miracles

Day 7: Movement Creates Spiritual Breakthrough

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MOVEMENT WITH GOD CREATES HOLY VISITATIONS.



JOSHUA AND JERICHO

JOSHUA 6:1-5, 15-20

Around 1406 BC, Israel had just crossed the Jordan River and entered the Promised Land after forty years in the wilderness. Jericho was the first major fortified city standing between Israel and the inheritance God had promised them. The city was heavily fortified with walls and appeared impossible to conquer through natural military strategy.

Instead of giving Israel a conventional battle plan, God instructed them to march around the city once each day for six days and seven times on the seventh day. Their movement required trust, obedience, endurance, and dependence upon God rather than human strength. Jericho became a picture of how God often uses movement and obedience to prepare His people for breakthrough.

BIBLICAL ROOT WORDS FOR SOLITUDE:

HEBREW:

הָלַךְ (Halak) — To walk, go, move, journey

Used throughout Scripture to describe walking with God, covenant obedience, discipleship, lifestyle, and spiritual direction.

סָבַב (Sabab) — To surround, circle, go around.

Used to describe repeated movement, endurance, trust, and obedience, such as Israel marching around Jericho.

GREEK:

ΚΙΝΕΩ (kineō) — To move, stir, set in motion.

Movement produced by response, action, stirring, and spiritual activity.

KEY FIGURES

- **The LORD (Yahweh)** - The eternal Creator and covenant-keeping God who reveals His power, presence, holiness, and faithfulness throughout Scripture and leads His people into His purposes.
- **Joshua** - The servant of Moses, leader of Israel, and chosen by God to lead His people into the Promised Land.
- **The Israelites** - God's covenant people whom He delivered from slavery, formed into a nation, and led into relationship, worship, obedience, and inheritance.
- **The Priests** - Spiritual leaders appointed to minister before the Lord, steward His presence, and guide His people in worship and obedience.

Physically Pursuing God



DAY 1



Movement is physically pursuing God. Connecting with God through movement is intentionally using your body to pursue His presence. Throughout Scripture, people walked, followed, journeyed, bowed, danced, ran, and obeyed as acts of worship and pursuit.

Movement is more than physical activity. It is physically pursuing God. As you move, distractions begin to fade and your awareness of God's presence increases.

Invite God into your movement today. Whether walking, exercising, driving, serving, or working, intentionally pursue Him.

ACTS 17:28; GENESIS 3:8

PRAYER

Lord, I choose to pursue
You above all else.

PRACTICAL
Advice

Take a prayer walk today.
Invite God into your daily
activities.
Talk with God while you
move.

Movement Is Obedience



DAY 2



Throughout Scripture, movement is connected to obedience. Abraham left his homeland. The disciples left their nets. Israel followed the cloud and fire. Joshua marched around Jericho.

Movement with God requires trusting Him before you understand everything He is doing. God often reveals the next step after you begin moving.

Movement is not exercise. Movement is obedience.

GENESIS 12:1; JOSHUA 6:3-5

PRAYER

Lord, lead me. I will choose to obey You.

PRACTICAL *Advice*

Ask God for one step of obedience today.

Act on what He shows you.

Trust Him before you see the outcome.

Movement With God Creates Holy Visitations



DAY 3



Throughout Scripture, people encountered God while moving. Abraham encountered God on a journey. Saul encountered Jesus on the road to Damascus. The disciples encountered Jesus while following Him.

Movement often positions us for encounter.

As you move with God, He reveals Himself, speaks, directs, and encounters you in unexpected ways.

Movement with God creates holy visitations.

ACTS 9:3-4; MATTHEW 4:18-22



PRAYER

Lord, come and meet visit,
today.



PRACTICAL *Advice*

Ask God to meet
you during your daily
movement.

Take time to listen while
walking or driving.

Pay attention to what the
Holy Spirit highlights.

Movement Is a War *on* the Flesh



DAY 4



The flesh loves comfort, passivity, distraction, delay, and convenience. Movement requires action.

Joshua and Israel kept moving when nothing appeared to be changing. Every lap around Jericho required them to overcome what their flesh may have wanted to do.

Movement weakens the grip of the flesh and strengthens your awareness of the Spirit.

When your flesh is weak, your spirit becomes more sensitive to God.

GALATIANS 5:17; 2 CORINTHIANS 12:9-10



PRAYER

Lord, strengthen me
through Your Spirit.



PRACTICAL *Advice*

Take a prayer walk when
not convenient.

Push through comfort
and distraction.

Use movement as worship.

It's Easier to Hear God in Movement



DAY 5



Many people discover they hear God's voice more clearly while moving. God interrupted Saul while he was traveling. Jesus encountered people while they were walking, working, fishing, traveling, and following

Movement often helps remove distractions and creates focus.

As you move, position your heart to listen for God's voice.

ACTS 9:3-4; JOHN 10:27



PRAYER

Speak Lord, I am listening.



PRACTICAL *Advice*

Got on a prayer walk/run without distractions.

Ask God a question while walking.

Write down what He speaks to you.

Movement Releases Miracles



DAY 6



Jesus told ten lepers to go show themselves to the priests before they were healed. Their miracle happened as they went.

The command came before the breakthrough.

Many times God moves while His people are moving. Faith requires taking a step before seeing the result.

Movement trains us to walk by faith.

LUKE 17:14; MATTHEW 14:28-29



PRAYER

Lord, I trust you. You do miracles.



PRACTICAL *Advice*

Take a step toward something God has spoken.

Walk in obedience before you see results.

Believe God is working even when nothing appears to be changing.

A man with a backpack is running over a stone wall. In the background, there is a calm lake and a dense forest of green trees. The sky is a deep blue with some light clouds. The overall mood is one of movement and nature.

Movement Creates Spiritual Breakthrough

ENCOUNTERS
&
VISITATIONS

DAY 7



The walls of Jericho did not fall after the first lap.
Breakthrough came after continual movement and
obedience.

Every lap declared trust in God. Every lap declared surrender.
Every lap declared faith.

Breakthrough belongs to people who keep moving with God.

When God's people moved together with the presence of
God at the center, the walls fell. Movement is not merely
about going somewhere. It is about moving with God until His
promises become reality.

JOSHUA 6:20; 2 CORINTHIANS 5:7



PRAYER

Lord, thank you for your
faithfulness towards me.



PRACTICAL *Advice*

Reflect on where God has
been leading you.

Commit to ongoing
obedience.

Keep taking your next
step with God.

Where have I sensed God's presence while moving this week?

(Walking, exercising, serving, driving, traveling, worshipping, or daily activities.)

Is God asking me to take a step of obedience?

(An area where He is calling me to move, trust, follow, or act.)

What distractions have been keeping me from moving with God?

(Comfort, passivity, busyness, fear, delay, uncertainty, or convenience.)

What miracle, breakthrough, or promise am I believing God for?

(An area where I need faith, perseverance, and continued obedience.)

What has God been speaking to me during my times of movement?

(Encouragement, direction, correction, revelation, wisdom, or instruction.)

How will I grow in Connecting with God through Movement?

(Prayer walks, worship walks, serving, exercise, travel, daily encounters, obedience.)



THIS IS *Holy* GROUND