

CONNECT *with* GOD



A YEAR OF
ENCOUNTERS & VISITATIONS
2026

7 DAYS *of*
MEDITATION



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

BIBLICAL ROOT WORDS FOR MEDITATION:

HEBREW:

- **(Hāgâ)** To murmur, rehearse, chew on repeatedly

GREEK:

- **(Logízomai)** To deliberately consider
- **(Enoikéō)** To dwell permanently

THREE DISTINCTIONS TO GET RIGHT ABOUT THE WORD

- Jesus is the Living Word (*John 1:1–4, 14*)
- The Bible reveals the Living Word (*John 5:39–40*)
- Meditation uses the written Word to find the Living Word (*Romans 8:29*)

THE WORD OF GOD IN SCRIPTURE

- **FIRE** – refines and burns away impurity (*Jeremiah 23:29*)
- **WATER** – washes and cleanses (*Ephesians 5:26; John 17:17*)
- **HAMMER** – breaks hardened places (*Jeremiah 23:29*)
- **LAMP** – gives direction (*Psalms 119:105*)
- **MIRROR** – reveals truth about self (*James 1:23–25*)
- **MILK** – nourishes new believers (*1 Peter 2:2*)
- **MEAT** – matures believers (*Hebrews 5:14*)
- **BREAD** – sustains life (*Mattew 4:4*)
- **GOLD** – precious and valuable (*Psalms 19:7–10*)
- **HONEY** – sweet to the soul (*Psalms 19:10*)
- **NAIL** – secures truth (*Ecclesiastes 12:11*)
- **ANCHOR** – keeps you steady (*Hebrews 6:18–19*)
- **OX-GOAD** – corrects direction (*Ecclesiastes 12:11*)
- **STAR** – guides in darkness (*2 Peter 1:19*)
- **SEED** – reproduces life (*1 Peter 1:23*)
- **ROD** – measures and corrects (*Revelation 11:1–2*)
- **SWORD** – discerns truth (*Hebrews 4:12*)

FIVE PRACTICAL TIPS FOR READING & MEDITATING ON THE BIBLE

- Have a plan (time, place, plan)
- Go wide (read larger portions of Scripture)
- Go deep (pause, study, reflect)
- Read to recognize Jesus
- Stop when something grips you (stay there)



LUKE 24:13–35

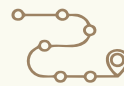
KEY FIGURES

- **Jesus** - The Son of God and the Living Word who reveals Himself through the Scriptures
- **Cleopas** - A disciple walking in disappointment, representing believers struggling to understand God's plan.
- **Moses** - Represents the Law and the foundation of God's written Word pointing to Christ.
- **The Prophets** - God's messengers who foretold the coming Messiah through Scripture.
- **The Disciples** - Followers of Jesus learning to interpret life through God's Word rather than circumstances.



TIMEFRAME OF THE NARRATIVE:

This passage occurs on the same day as the resurrection, later in the afternoon and into the evening, after the women discovered the empty tomb.



JOURNEY OVERVIEW

Jerusalem → Emmaus (7 miles)
Emmaus → Jerusalem (7 miles)

!!! WARNINGS

- The Word without the Spirit becomes information.
- The Spirit without the Word becomes confusion.
- Encounters without Scripture fade.
- Transformation comes through meditated truth.

Intentional Focus *on* God's Word



DAY 1



MEDITATION requires intentionality. As the two disciples walked toward Emmaus, they were talking and reasoning about what happened. With heavy hearts, they created space for Jesus to draw near. Meditation works the same way. When you intentionally focus on God's Word, you create room for God to meet you where you are.

Choose to give God your attention through Scripture. Do not be passive while reading or casually scroll. Have intentional focus. Open God's Word with purpose, invite Him to walk with you, and speak truth into your circumstances.

**JOSHUA 1:8; PSALM 119:15;
PSALM 1:1-2; LUKE 24:13-16**

PRAYER

"Lord, I choose to focus on Your Word today. I give You my attention. Come and meet me."

PRACTICAL *Advice*

Invite the Holy Spirit to be with you as you read the Word.

Ask God, "What do You want to reveal to me in this passage today?"

Share with someone what God is showing you within scripture today.

Allow Scripture *to*
Become Alive in You



DAY 2



The disciples had read the Scriptures their entire lives, yet they did not fully understand them. As they walked together, Jesus began to explain Moses and the Prophets, revealing how all of Scripture pointed to Him. What was written had come alive to them.

Allow Scripture to move from information to revelation. Digest His Word and allow it to become alive in you. Do not focus on speed or volume. Seek truth to sink deep and awaken your heart.

**NEHEMIAH 8:8; PSALM 1:2-3;
LUKE 24:25-27; HEBREWS 4:12**

PRAYER

“Lord, reveal Yourself to me in Your Word. Let Your Word come alive in my heart and mind.”

PRACTICAL *Advice*

Read one passage more than once today.
Write down a verse that stands out.

Pray the verse out loud over your life.

Tell someone what God is revealing to you through His Word.

Renewing Your *Mind & Heart*



DAY 3



Jesus described the disciples as “slow of heart to believe.” Their disappointment shaped their thinking. As Jesus revealed His truth through the Scriptures, their understanding shifted. Meditation renews your mind by replacing confusion, discouragement, and false beliefs with God’s truth.

To meditate, return again and again to God’s Word. Allow renewal to happen by focusing on truth rather than waiting for interruptions to disappear. Train your mind to align with God’s heart and mind.

**PSALM 19:7; LUKE 24:25;
ROMANS 12:2; PHILIPPIANS 4:8**

PRAYER

“Lord, renew my mind. I
surrender my thoughts.
Renew my heart. I
surrender my feelings.”

PRACTICAL *Advice*

Identify a thought today
and search what God’s
word has to say about it.

Speak that verse out loud
over yourself to receive
God’s truth.

Share that same scripture
with someone today.

Create Continuous Space *for the* Holy Spirit



DAY 4



When the disciples reached Emmaus, Jesus acted as if He were going farther, and they invited Him to stay. Meditation is an invitation. When you make room for God's Word, you create space for the Holy Spirit to dwell with you.

Allow God's Word to take up residence in you. As you read Scripture, welcome the Holy Spirit to be with you. Let Him teach, guide, and shape you from the inside out.

**PSALM 119:97; LUKE 24:28-29;
JOHN 14:26; COLOSSIANS 3:16**



PRAYER

"Lord, I love Your Word. I love You Holy Spirit. Teach me Your ways."



PRACTICAL *Advice*

Ask the Holy Spirit to breath on His Word and reveal Jesus to you as you read.

After you read, pray in tongues for a few minutes, then pause and listen for what the Holy Spirit is highlighting.

Ask someone else what Scripture God is teaching them right now.

Align Your Thoughts *with* *God's Heart &* Mind



DAY 5



The disciples' understanding was corrected through Scripture. Jesus did not dismiss their questions; He addressed them with truth. Meditation takes every thought captive by allowing God's Word to shape how you see, think, and respond.

Allow Scripture to become the standard by which every belief, fear, and assumption is measured. Tell your mind, "You belong to God," and align your thoughts with His truth.

**PSALM 119:105; ISAIAH 55:8-9;
LUKE 24:25-27;
2 CORINTHIANS 10:5**

PRAYER

"Lord, I surrender my thoughts, beliefs, fears, and assumptions to You. Teach me through Your Word. Teach me to think like You."

PRACTICAL *Advice*

Identify one lie you have been believing and find a scripture that speaks the truth.

Look in the mirror and declare what Scripture says about the circumstance.

Ask someone else what they are struggling with and help them discover a Scripture that responds with truth.

Meditation Transforms You



DAY 6



As Jesus opened the Scriptures, something changed inside the disciples before anything changed around them. Their hearts burned within them. Truth replaced confusion and hope replaced disappointment. The Word of God did not simply inform them; it transformed them. This transformation became visible when they immediately changed direction and returned to Jerusalem.

Let Scripture transform you. Sit with God's Word long enough for it to shape your heart, not just your understanding. Allow His Word to redirect your thoughts, responses, and actions. Be ready for God to move you towards acts of obedience.

LUKE 24:32-33; HEBREWS 4:12

PRAYER

"Lord, I receive Your Word. Transform me. Change how I think, respond, and live."

PRACTICAL *Advice*

Allow scripture to play audibles as you sleep, drive, or go about your day. Let His Words saturate your environment and mind.

Ask God what step of obedience He is inviting you to take today.

Share with someone how the Word of God has impacted you recently.

Encounter & Response



DAY 7



At the table, as Jesus broke bread, their eyes were opened. The Scriptures had prepared their hearts for recognition and response. Meditation leads to an encounter with God, and an encounter with God leads to action. Immediately, after their encounter with God, they returned to Jerusalem to testify about what happened.

Meditate on God's Word daily. Allow His Word to shape you as you return to it again and again. As you meditate, invite God to direct your steps, clarify your purpose, and lead your life through His truth.

**PSALM 119:130;
MATTHEW 7:24-25;
LUKE 24:30-33; JAMES 1:22**

PRAYER

"Lord, open my eyes to understand Your Word. Lead me to live according to Your Word and Your will."

PRACTICAL *Advice*

Create an intentional space and setting when you read God's Word.

Ask God what He wants to reveal to you through Scripture today.

Share with someone how God's Word has been shaping your life.

What Scripture(s) has God highlighted to me this week?

(Word, phrase, passage, or truth He keeps bringing me back to.)

What has been renewed within my mind and heart through meditation?

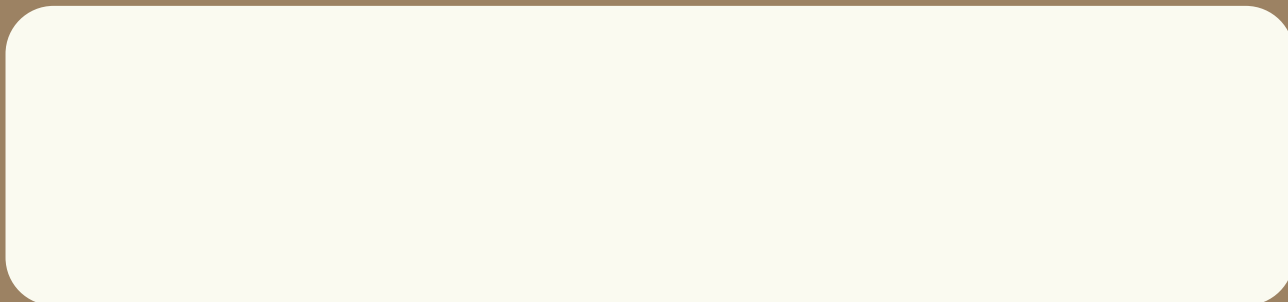
(Thought patterns, beliefs, emotions, perspectives.)

What thoughts has God invited me to surrender and align with His truth?

(Fears, assumptions, lies, distractions.)

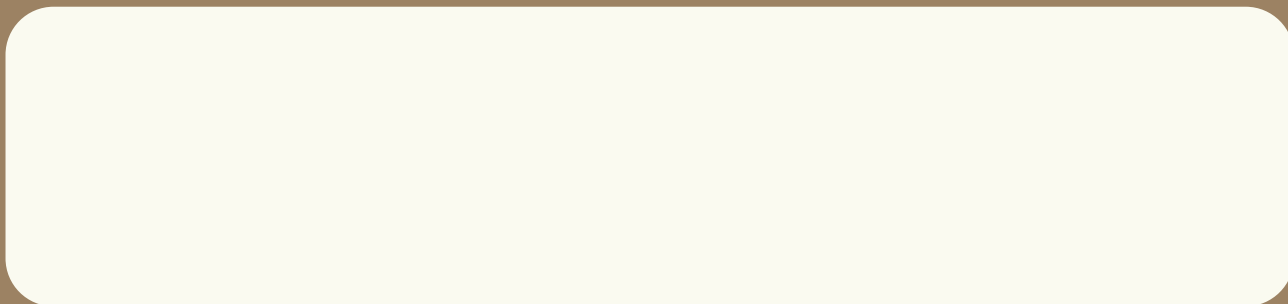
What steps of obedience is God asking me to take?

(Action, attitude, conversation, or habit.)



How will I intentionally steward meditation on God's Word moving forward?

(Time, rhythm, plan, consistency.)





THIS IS *Holy* GROUND