

# 30–MINUTE INDIVIDUAL CADENCE

This extended cadence allows more space for Scripture, journaling, and discernment. It's ideal when a man has margin and wants to go deeper without rushing.

## 1. SETTLE & CLEAR THE ROOM (4 MINUTES)

Sit quietly. Remove distractions.

Ask:

“What distractions or assumptions do I need to set aside?”

**Purpose:**

Create space for honest listening.

## 2. OPEN IN PRAYER (2 MINUTES)

Pray slowly and intentionally:

“Lord, I want to learn. Give me a teachable heart and a willing spirit.”

**Purpose:**

Frame the time as formation, not productivity.

## 3. SCRIPTURE READING & OBSERVATION (6 MINUTES)

Read **Proverbs 1:5** aloud.

Then ask:

- “What does this say about wisdom?”
- “What does it say about me?”

Write one sentence in response.

**Purpose:**

Let Scripture shape the conversation.

## 4. DEVOTIONAL REFLECTION (7 MINUTES)

Re-read the devotional.

Journal briefly:

- “Where am I stubborn?”
- “Where am I still trying to do it my way?”
- “What happens when my plumb line is off?”

**Purpose:**

Expose patterns, not just thoughts.

## **5. DISCERN THE THEME (6 MINUTES)**

Sit with this question:

“Who has God placed in my life to help shape how I walk?”

List names if any come to mind.

If none do, ask God to reveal one.

**Purpose:**

Move from independence to intentional proximity.

## **6. LIVE IT OUT: ONE INTENTIONAL STEP (3 MINUTES)**

Write one specific action for the week.

Keep it realistic.

**Purpose:**

Practice obedience, not intention.

## **7. CLOSE IN PRAYER (2 MINUTES)**

Pray:

“Lord, keep me aligned. Teach me to listen, learn, and follow well.”

## **TOTAL TIME: 30 MINUTES**

A full, rich, Scripture-centered personal devotional rhythm.

**SNAG THIS PRINT-FRIENDLY VERSION FOR YOUR NEXT PERSONAL ADVENTURE.**