

Just Start Talking : 5-Day Bible Reading Plan and Devotional Guide

Day 1: You Are Already Known

Reading: Psalm 139:1-12

Devotional: Before you say a single word in prayer, God already knows you completely. Psalm 139 reminds us that God searches our hearts, knows our thoughts, and is present in every moment of our lives. There is nowhere we can go where God is not already present. This means prayer is not about reaching a distant God -- it is about waking up to a presence that has never left. You do not have to clean yourself up before coming to God. You do not have to perform. Simply show up as you are, knowing you are fully known and fully loved.

Reflection: What part of yourself have you been hesitant to bring to God? What would it mean to bring that part of yourself into prayer today?

Practice: Sit quietly for five minutes. Begin with one honest sentence that reflects where you truly are right now.

Day 2: The Courage to Lament

Reading: Psalm 13:1-6

Devotional: The psalmist does not wait until he feels spiritually composed before praying. He begins with raw, honest words -- crying out to God in frustration and grief, asking how long this pain will last. Yet this lament is not a failure of faith; it is an expression of it. Bringing our pain honestly before God requires trust. It requires believing that God is safe enough to hear us at our worst. The Psalms give us permission to tell God the truth about our suffering. Honest prayer is not disrespectful. It is, in fact, one of the deepest forms of intimacy with God.

Reflection: Is there a grief, frustration, or fear you have been keeping from God? What would it look like to bring that honestly into prayer today?

Practice: Write a short, honest prayer that begins with how you truly feel right now, without editing or polishing it.

Day 3: God as a Loving Parent

Reading: Luke 11:1-13

Devotional: When the disciples asked Jesus to teach them to pray, he did not shame them. He taught them. And the prayer he offered begins with an image of intimacy -- addressing God as Father, pointing not to gender but to closeness. Jesus describes a God who gives good gifts to those who ask, a God who is far more generous and kind than even the most loving human parent. This means we can come to God with our needs, our desires, and our longings without fear of rejection. God does not require us to earn an audience. The door is already open, and we are already welcome.

Reflection: How does your image of God affect the way you pray? In what ways might fear or shame be keeping you from praying with greater honesty and freedom?

Practice: Pray today as though you are speaking to someone who already loves you completely and will not turn you away, no matter what you bring.

Day 4: The Soul That Thirsts

Reading: Psalm 42:1-11

Devotional: The psalmist in Psalm 42 is restless, downcast, and uncertain why. He knows something is wrong, but he cannot fully name it. Yet even in that confusion, he turns toward God. He does not wait until he has clarity before praying. He brings the ache itself. Many of us carry a similar restlessness -- a longing we cannot quite articulate, a sense that something is missing. That longing is not a sign that something is wrong with us. It may, in fact, be the very beginning of prayer. The desire to know God, even when we cannot find the words, is itself a gift from God drawing us closer.

Reflection: Where do you feel restless or unsatisfied in your spiritual life right now? How might that restlessness be an invitation from God rather than evidence of failure?

Practice: Sit with your restlessness today rather than running from it. Acknowledge it to God in prayer, even if all you can say is, "God, I don't know what I need."

Day 5: Showing Up Is Enough

Reading: Romans 8:26-39

Devotional: Romans 8 offers one of the most comforting truths in all of Scripture -- that when we do not know what to pray, the Holy Spirit intercedes for us. We are never left to figure out prayer entirely on our own. God's presence goes before us, meets us in our weakness, and carries what we cannot carry ourselves. Nothing -- not confusion, not doubt, not failure, not silence -- can separate us from the love of God. This means that simply showing up in prayer, even with nothing to say, is never wasted. The God who loves us without condition receives us exactly as we are, every single time.

Reflection: How does it change your approach to prayer knowing that the Holy Spirit intercedes on your behalf even when you have no words?

Practice: Give God five minutes today. Say nothing if you have nothing to say. Simply be present, trusting that God is already present with you.