

Cooperation Phase Instructions

What does the Cooperation Phase do?

The Cooperation Phase builds on our last phase, the Openness Phase, by expanding—not replacing—the daily 15 minutes of prayer. We will learn to talk to God throughout the day and not just in our usual 15 minutes.

What should you continue to do?

You should continue using the “My Daily 15” tool from the last phase each day as your primary time for talking with God. This is still very important as it is our main time to talk with God and continue to grow and maintain our relationship with him.

What is changing?

In this phase, we will add a short daily check in that will take 5 minutes or less. The purpose of this check-in is to pause briefly, notice what is happening in the moment, and ask how God is wanting you to respond. The goal is to take the relationship you began building in the last phase and extend it into cooperating with God throughout the day.