

EMOTIONALLY HEALTHY SPIRITUALITY

DAILY DEVOTIONS WEEK **ONE**
MORNING AND EVENING

**START WITH SILENCE AND STILLNESS
BEFORE GOD**

READ THE SCRIPTURE

**SPEND TIME THINKING ABOUT THE
QUESTION**

PRAY AND ASK GOD TO SPEAK TO YOU

DAY 1



READ MARK 11:15-17

**Q-WHAT MAY BE BLOCKING THE WAY FOR
YOU EXPERIENCING GOD?**



READ MARK 1 SAM 15:22-23

**Q-HOW COULD YOU MAKE MORE ROOM IN
YOUR LIFE FOR SILENCE IN ORDER TO
LISTEN TO GOD?**

DAY 2



READ JONAH 1:1-4

**Q-WHAT INTERNAL OR EXTERNAL SIGN
MIGHT GOD BE SENDING INTO YOUR LIFE
WHERE YOU COULD GROW SPIRITUALLY?**



READ 1 JOHN 2:15-17

**HOW DO YOU HEAR THE WORDS OF THE
APOSTLE JOHN TODAY? "DO NOT LOVE THE
WORLD OR ANYTHING IN THE WORLD".**

DAY 3



READ GENESIS 32:22-26, 30

Q-IN WHAT WAYS HAS GOD PUT YOUR LIFE OR PLANS 'OUT OF JOINT' SO THAT YOU MIGHT DEPEND ON HIM?



READ MATTHEW 16:21-23

Q-WHAT MIGHT BE ONE WAY YOUR BUSYNESS BLOCKS YOU FROM LISTENING AND COMMUNICATING INTIMATELY WITH THE LIVING GOD?

DAY 4



READ LUKE 10: 38-42

Q-WHAT THINGS ARE WORRYING OR UPSETTING YOU TODAY?



READ PSALM 62: 5-8

WHAT ARE YOU ANGRY ABOUT TODAY? SAD ABOUT? AFRAID OF? POUR OUT YOUR RESPONSE BEFORE GOD, TRUSTING HIM AS DAVID DID.

DAY 5



READ JOHN 7:2-8

Q-WHAT IS ONE STEP YOU CAN TAKE TO SLOW DOWN AND LIVE MORE ATTENTIVELY TO THE VOICE OF JESUS?



READ 2 CORINTHIANS 12:7-10

HOW MIGHT BROKENNESS OR WEAKNESS IN YOUR LIFE TODAY PRESENT AN OPPORTUNITY FOR GOD'S POWER TO BE DEMONSTRATED?