

EMOTIONALLY HEALTHY SPIRITUALITY

DAILY DEVOTIONS WEEK TWO
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 1:33-38

Q-HOW MAY YOU GIVE IN TO OTHERS
EXPECTATIONS OF YOU RATHER THAN
BEING FAITHFUL TO WHAT JESUS HAS FOR
YOU?



★ READ MARK 1 SAM 17:38-40,45

Q-WHAT MIGHT BE ONE FALSE LAYER OR
BANDAGE GOD IS INVITING YOU TO REMOVE
TODAY?

DAY 2



READ PSALM 139:13-16

Q-WHAT DO YOU THINK MIGHT BE ONE OF
YOUR 'BIRTHRIGHT' GIFTS FROM GOD THAT
YOU HAVE IGNORED IN YOUR LIFE ?



★ READ EPH :14-19

WHERE DO YOU SEE YOURSELF ON
BERNARD'S (AN ABBOT IN 11TH CENTURY)
LIST OF THE 4 DEGREES OF LOVE. (P.T.O)

1.LOVING OURSELVES FOR OUR OWN SAKE

2.LOVING GOD FOR HIS GIFTS AND BLESSINGS

3.LOVING GOD FOR HIMSELF ALONE

4.LOVING OURSELVES FOR THE SAKE OF GOD

DAY 3



READ MARK 10:26-31

Q- HOW IS GOD CHALLENGING YOU TO BE 'LAST' ON THIS EARTH?



READ MATTHEW 4:1-3, 8-11

Q-WHAT TEMPTATIONS OR TRIALS DO YOU FIND YOURSELF IN TODAY THAT GOD MIGHT BE USING AS A FURNACE TO HELP DEVELOP YOUR INTERIOR LIFE?

DAY 4



READ 1 KINGS 19:1-5

Q-WHAT WOULD IT LOOK LIKE TO RESPECT YOURSELF IN LIGHT OF YOUR GOD GIVEN HUMAN LIMITS?



READ EXODUS 3:1-5

WHAT IS ONE AREA OF YOUR INNER PERSON THAT THE FIRE OF GOD'S PRESENCE MIGHT WANT TO BURN AWAY.(EG. SELFISHNESS, GREED, BITTERNESS, IMPATIENCE...)

DAY 5



READ ROMANS 8:35-39

Q-HOW MIGHT IT CHANGE YOUR DAY TODAY IF YOU WERE TO CEASE LOOKING FOR HUMAN APPROVAL & BEGIN SEEKING ONLY THE APPROVAL OF GOD?



READ ISAIAH 40:28-31

IN WHAT AREA OF YOUR LIFE MIGHT YOU NOT BE SOARING AS AN EAGLE?