

EMOTIONALLY HEALTHY SPIRITUALITY

DAILY DEVOTIONS WEEK **THREE**
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 HEBREWS 11:24-27

**Q-WHAT INVITATION MIGHT GOD BE
OFFERING TO YOU OUT OF THE FAILURES
AND PAIN OF THE PAST?**



READ LUKE 9:59-62

**Q-WHAT THINGS FROM YOUR PAST MAY
YOU NEED TO LET GO TO FOLLOW JESUS
WHOLEHEARTEDLY?**

DAY 2



READ MARK 3:31-35

**Q- JESUS WANTS US TO HAVE FIRST
LOYALTY TO HIM, WHAT THINGS MAY
HAVE TO CHANGE SO YOU CAN TRULY LIVE
FOR HIM ?**



READ HEBREWS 12:1-3

**Q-WHAT IS HINDERING OR ENTANGLING
YOU AS YOU RUN THE RACE CHRIST HAS
FOR YOU ?**

DAY 3



READ GENESIS 50:15,19-21

Q- WHAT WOULD IT LOOK LIKE FOR YOU TO SURRENDER THE PAINS (SINS, DISAPPOINTMENTS, MISTAKES) OF YOUR PAST TO GOD TODAY?



READ GENESIS 45:4-7

Q- WHAT PAINS IN YOUR LIFE ARE WAITING TO BE ACKNOWLEDGED AND GRIEVED?

DAY 4



READ ACTS 9:1-6, 15-16

Q-WHAT SPACE IN THE WORLD (WHICH YOUR PAST HAS PREPARED YOU) IS WAITING TO BE FILLED BY YOU?



READ 1 SAM 16:6-7

Q-CAN YOU NAME SOME OF THE WAYS IN WHICH YOU HAVE LEARNED THE PAIN OF OTHERS BY SUFFERING YOUR OWN PAIN?

DAY 5



READ EXODUS 14:10, 13-16

Q-HOW MIGHT THE WORDS, "THE LORD WILL FIGHT FOR YOU, YOU NEED ONLY TO BE STILL" AND "MOVE ON", APPLY TO YOU TODAY?



READ PSALM 131

Q- DAVID PRAYS, "I DO NOT CONCERN MYSELF WITH GREAT MATTERS OR THINGS TOO WONDERFUL FOR ME" HOW DO YOU HEAR THESE WORDS?