

EMOTIONALLY HEALTHY SPIRITUALITY

one2one
CHURCH OF CHRIST †

DAILY DEVOTIONS WEEK FIVE

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 MATTHEW 26:36-39

Q-WHAT DOES IT MEAN FOR YOU TO PRAY
, YET NOT AS I WILL , BUT AS YOU WILL?



★ READ JOB 2:7-10

Q-THE SOUL IS ELASTIC, LIKE A BALLOON.
IT CAN GROW LARGER THROUGH
SUFFERING. HOW CAN YOU SEE GOD
ENLARGING YOUR SOUL THROUGH YOUR
LOSSES?

DAY 2



READ 2 COR 4:7-11

Q- HOW IS GOD BRINGING YOU TO YOUR
KNEES BEFORE HIM THROUGH
DIFFICULTIES AND SET BACKS IN YOUR
LIFE?



★ READ GENESIS 22:1-5

Q-EVEN IN OUR SUFFERING, CAN YOU
(P.T.O)

PRAY, 'WHATEVER MY LOT, THOU HAS TAUGHT ME TO PRAY, IT IS WELL, IT IS WELL WITH MY SOUL'?

DAY 3



READ ECC 3:1-8

Q- CAN YOU SEE AND DISCERN GOD'S LARGER PICTURE IN THE SEASONS OF YOUR LIFE?



★ READ JOHN 3:26-30

Q- NAME ONE OR TWO LIMITS GOD HAS RECENTLY PLACED IN YOUR LIFE AS A GIFT?

DAY 4



READ 2 SAM 1:17-20, 24-25

Q-WHAT MIGHT IT MEAN FOR YOU TO MATURE BY ENTERING THE PAINFUL REALITY OF YOUR LOSES RATHER THAN AVOIDING THEM?



★ READ LUKE 19:41-44

Q-HOW WOULD IT CHANGE YOUR PRAYER LIFE IF YOU WERE TOTALLY HONEST WITH GOD?

DAY 5



READ HEBREWS 5 :7-8

Q-LOSS IS PART OF LIFE. HOW MAY GOD BE DOING A DEEPER WORK IN US THROUGH THE HARD TIMES IN LIFE?



★ READ JOB 42:12-17

Q-OUR LOSSES ARE REAL AND DIFFICULT, HOW MIGHT GOD BE ASKING US TO TRUST HIM IN THEM?