

# DAILY QUIET TIME GUIDE

BREVARD COMMUNITY CHURCH

ASKING FOR A FRIEND, WEEK 3

DEVOTIONAL ADAPTED FROM: OVERCOMING WORRIES



## HOW TO HAVE A DAILY QUIET TIME

The QT Guide is designed to help you MOVE with God through Bible Reading, reflection and prayer. It can be completed in about 7 mins.

**½ Minutes Preparing Your Heart:** Invest the first 30 seconds preparing your heart. You might pray, “Lord, cleanse my heart so You can speak to me through the Scriptures. Make my mind alert, my soul active, and my heart responsive. Surround me with Your presence during this time.

**4 Minutes Listening To God:** Take the next four minutes to read the Bible. Your greatest need is to hear a word from God. Allow the Word to strike fire in your heart. Meet the Author!

**2 1/2 Talking To God (Prayer):** After God has spoken through His Book, then speak to Him in prayer.

## DAY 1

Philippians 4:6-7, Luke 12:22-31

**What’s worrying you today?** *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”* (Philippians 4:6-7, NLT)

What is worrying you today?

- Is it your financial situation?
- Your academic achievement or performance in school?
- Your health or the health of your children?
- An uncertain future?
- What others may think of you?

What would your life look like if you didn’t worry about anything? I’m not talking about being reckless, immature, or passive, but rather living a life in which you totally let go of what you can’t control.

As Jesus says so well in His Word, *“...Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. [...] And which of you by worrying can add one cubit to his stature? [...] But seek the kingdom of God, and all these things shall be added to you.”* (see Luke 12:22-31)

While difficulties are often exterior, worries attack us on the inside. You may have a tendency to believe what your thoughts are telling you. We take worries for what they’re not—instinct, intuition—when in fact, they’re only distortions of reality.

Ask God, day by day, to free you from all worry. We need Him for this. And here’s what we can choose to do:

- **Do what’s possible for you to do:** Turn to Him and do what you can concerning your situation.
- **Then, release the impossible into His hands:** Release what you cannot do, humanly speaking.

Our prayer for you today is that you may be able to do your part (what's possible) and let God do His (the impossible.)

## DAY 2

Philippians 4:6-7, Romans 8:28

**Lay it ALL down!** *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”* (Philippians 4:6-7, NLT)

Do you sometimes get overwhelmed with certain things and then think those difficulties aren't within the scope of God's responsibility? Do you believe He has specific areas in which He can or will do nothing? Do you have thoughts like the following?

- Ok, God can do anything, but why would He be concerned about my car's broken engine?
- Why would I ask Him to intervene about the problems with my co-workers?
- Nothing I'm currently experiencing is important to Him...

Imagine now that you live in a huge house that needs repairs, however, as you're taking inventory with the repair person, you withhold certain rooms from him. The renovation wouldn't be complete because even the smallest rooms matter!

If you give your problems to God, *“He will work all things together for good to those who love Him, to those who are called according to His purpose.”* (Romans 8:28)

Isaac Newton said, *“As a blind man has no idea of colors, so have we no idea of the manner by which the all-wise God perceives and understands all things.”* I can only encourage you to lay down everything at the feet of your God, who cares for your life even down to the smallest detail.

Lay it all down today and pray, *“Heavenly Father, I acknowledge that You can do everything and that nothing is impossible for You! I also acknowledge that You know everything better than I do. Even if I don't always understand what You're doing or allowing, I choose to trust You. I place my hand in Yours because I want to walk with You. Help me to accept what I can't change and release everything to You. My expectation and hope are in You. In the name of Your Son, Jesus, amen!”*

## DAY 3

Philippians 4:6-7, Philippians 4:19, Hebrews 4:16

**God reveals Himself in YOUR need...** *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”* (Philippians 4:6-7, NLT)

What do you need?

Just as we recognize the faithfulness of a friend when we are in need, God often reveals Himself in our need, whatever it may be. He is a faithful, tender-hearted friend!

Here's how God says He provides for your needs: completely, according to His own riches, and in glory by Christ Jesus.

*“And my God shall supply all your need according to His riches in glory by Christ Jesus.”*  
(Philippians 4:19)

Not one of your needs is unknown to God. If I asked you the same question, “what do you need?” would your answer be different this time? Would you write out a longer list, taking into account not only your emotional requests, but your spiritual and physical needs as well?

As you mentally compose your list, keep these truths in mind...

- God sees you, He knows you, and He loves you through every circumstance.
- God supplies all your need according to His very riches.
- God provides in a way that glorifies His Son through who you are.
- God provided everything by Jesus Christ.

We invite you to come boldly to the throne of grace to obtain mercy and find grace to help in time of need, (Hebrews 4:16) and to make your needs and requests known to God.

## DAY 4

Philippians 4:6-7, 1 Peter 5:7

**Is thankfulness a remedy for worry?** *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”* (Philippians 4:6-7, NLT)

The first step to ridding yourself of a mentality of lack is thanking God for everything you are and what you already have. Please take a moment to do so right now.

Did you know that you can release your worries simply by **being grateful to God?**

Thanking Him for who you are and what you have is just the first step, but it’s also the biggest because once your worries disappear, your faith takes over. And God is pleased with an **expectant, hopeful heart!**

*“Cast all your anxiety on Him because He cares for you.”* (1 Peter 5:7)

It’s God’s promise. **If you make your needs and requests known to Him, you will receive His help and His grace.**

Don’t worry any longer...instead, start to praise and thank God!

*“Lord, thank You for Your powerful Word that’s full of wisdom. I see that thankfulness is a key You’ve given me to be released from worry and walk in complete peace in You. I want to thank*

*You for everything I am and everything I have. Thank You for knowing what I'm going through, everything I'm facing, and for guiding me day after day with goodness, faithfulness, and patience. I bless Your name, Lord. Amen!"*

## DAY 5

Philippians 4:6-7, Ephesians 2:14, John 14:27

**Where does peace come from?** Jocelyne wrote to Eric Célérier after reading his daily encouragement email, *"I was in the middle of a storm and was completely panicked about family problems. I prayed to God and clung to Him with all my might but just couldn't find peace. I couldn't understand what was happening to me. Then, one morning, after reading 'A Miracle Every Day,' the message penetrated my heart: I was not alone. God saw me. He knew everything that was happening to me; He was there. I understood that I had to lean on Him, let Him act, and place my burden at His feet. And then, the peace that I knew before came rushing back to me all at once. It just clicked, and I knew that everything was going to work out."*

The Bible says, *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."* (Philippians 4:6-7, NLT)

Up to this point, what has your worry, your anxiety, produced? In addition to stealing your peace, what results have you had?

- Has worry taken your trust, building walls between you and your loved ones?
- Has it influenced your decisions to the point of putting you into a situation you regret?
- Has it had an impact on your health?
- Has it ever yielded any positive results?

I have good news for you: **God is your peace!** (see Ephesians 2:14)

Peace isn't just something God gives. He **IS** peace. He **IS** the God of peace. Jesus told us, *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."* (John 14:27)

Today, believe and hold on to peace. God's peace comes from the God of peace. He Himself is the Prince of Peace.

Like Jocelyne, receive His peace today!

## DAY 6

Philippians 4:6-7, Psalm 115:3, Ephesians 3:20

**Are your thoughts limited?** *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."* (Philippians 4:6-7, NLT)

- Your limits aren't God's limits.
- Your thoughts aren't God's thoughts.
- Your fears aren't His fears.

Humanly speaking, there may be reasons to worry, but divinely speaking, there aren't any! Why? David tells us, *"But our God is in heaven; He does whatever He pleases."* (Psalm 115:3)

Isn't that marvelous? We know that our Father is, to the very core, just, good, and loving. He wants to see us grow in Him. He makes all things work together for our good.

And what He desires, He does.

Our intelligence, our own understanding—everything concerning us—is limited. But with God, nothing is. God knows everything.

May it encourage you to know that the Lord *"...is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us."* (Ephesians 3:20)

Yes, He can do infinitely more than all we ask or imagine. Today, don't worry about any limitation...God surpasses them all.

## DAY 7

Philippians 4:6-7, Proverbs 4:23

**What if you thought like Jesus thinks?** *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."* (Philippians 4:6-7, NLT)

The Bible instructs us, *"Above all else, guard your heart, for everything you do flows from it."* (Proverbs 4:23, NIV)

The way you live, the very course of your life, flows from your heart. If you're worried, you'll live in insecurity, always uncertain about tomorrow. But if your heart trusts in God, that will manifest in every sphere of your life.

So, how do you guard your heart from worry? By keeping your thoughts fixed on Jesus Christ.

The more you practice healthy habits of thinking about and walking with God, like reading His Word daily, praying, worshipping, and fellowshiping with other believers, the less you'll practice habits that are harmful to your soul. You'll grow in the knowledge of the One who saved you and learn to see the world more clearly through His eyes!

Jesus is your role model. He doesn't worry. Thinking like Jesus is what helps us to be anxious for nothing.