

DAILY QUIET TIME GUIDE - MEN

BREVARD COMMUNITY CHURCH

ASKING FOR A FRIEND, WEEK 2, FOR MEN

DEVOTIONAL ADAPTED FROM: GET A HOLD OF INSECURITY



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

1 Peter 2:9-10

Manifestation of Insecurity: "I'm Not Good Enough"

Insecurity was an ugly, unwelcome companion in my life for many years. One particular phrase, “I’m not good enough,” still echoes in my mind like a broken record when in the right circumstance. Maybe a similar phrase plays frequently in your mind that feels like an old comrade keeping you company.

Insecurity manifests itself in many forms. Believing you’re not good enough is one way it rears its ugly head. Insecurity can have a devastating effect and can keep you from living at your full potential. Maybe you’ve given your all to a purpose only to go overlooked so you wanted to give up. Or perhaps you tried to do something romantic for your spouse but it fell flat. You internalized it to mean you don’t love well. In seeps insecurity.

When we put stock in this phrase and give it validity, we allow pieces of our potential to chip away. The truth is, God never wants you to feel inadequate or not good enough. He wants you to be aware of your weakness that you might lean into His strength, but He does not want you to diminish your value.

The Message translation of 1 Peter 2:9-10 describes us as, CHOSEN by God, to be an example of His power to take you, “from nothing to something, from rejected to accepted.” You are SOMETHING. You are ACCEPTED. When you or the enemy begin to whisper attacks about your value, rebuke such words and remind yourself of what 1 Peter 2 says.

Don’t allow insecurity to diminish your potential or steal away your calling. Guard your heart and mind. Walk forth with the power of Scripture to know you’re valued and have a purpose where insecurity has no part.

DAY 2

1 Samuel 15:24

Manifestation of Insecurity: "I Care What They Think"

In high school I use to care so much about what people thought of me that I was nervous to walk across the cafeteria because I didn't want people to critique me.

Do they like me?
Am I cool enough?
Was my joke funny?

Thoughts played out in my head like a dripping faucet.

In 1 Samuel 15, God ordered Saul to battle and annihilate the Amalekites. God wanted to remove any trace of the wicked nation. However, "Saul and his army" spared the life of the king and kept the best livestock. The next day, Samuel went to find Saul. Saul thought he had done well by God so he was building an altar to the Lord. He thought he had been obedient. Samuel confronted Saul on his obvious disobedience, having failed to do what God instructed. This leads to a powerful truth: partial obedience is still disobedience. Saul did not fully carry through on God's command and, therefore, is deemed disobedient.

Saul's disobedience can be traced to his desire to please men above God. It provides a powerful example of what the desire for men's approval can lead to. Caring about what people think, particularly above what God thinks, does lead to sin.

How does one avoid such a trap? Fight the urge to care!

You have been given a moral compass and as a Christian, you are blessed to have the Holy Spirit dwelling in you. Chances are you're pretty good at knowing when something is right or wrong. When you feel something is wrong, don't do it, even if people are directing you to the wrong thing. Fight the urge to care about what people think and find security in your Heavenly Father. What He thinks and desires is what really matters.

DAY 3

Galatians 6:4

Manifestation of Insecurity: "I Want What They Have"

The comparison trap - we all get caught in it at some point. You've probably heard the phrase, "keeping up with the Joneses," which may have played out in your own life. Or maybe you know folks who run to the store to buy the latest gadget or splurge on the biggest and baddest truck because "everyone else is doing it." It's as if we're nurtured by our culture to evaluate others and elevate our lives beyond that.

Wanting what others have is the ultimate thief of joy and will leave you in utter disappointment with your life. Compare yourself to others and you'll take for granted your own gifts and opportunities. God can show us how to be content and celebrate in other's blessings.

Galatians 6:4 shows us how to combat comparison. The Message translation states, "Make a careful exploration of who you are and the work you have been given, and then sink yourself into that... Don't compare yourself with others." God has designed you with a particular story and skillset that He wants to use in a very special way.

Once you are aware of your dreams and purpose, focus on that. Jump into what God has for you and give it your all. Verse 6 says to, "take responsibility for doing the creative best you can with your own life."

Christine Caine states, "Someone else's success does not rob you of anything."

If we can remember this, we can remain confident in the calling God has on our own life. God has a special plan just for you. When the time is right, everything will come together as it should because God did it. That way we can boast only in Him and His power, as opposed to thinking it was our will that made it happen.

Lean into Galatians 6 today and trust that the dreams God has placed on your heart are there for a reason. Sink your teeth into what is right before you.

DAY 4

Psalm 139:13-15

Biblical Truth: "You Are Valued"

There is no one like you. You have worth. You are valued.

Insecurity is essentially a lack of confidence in yourself. Psalm 139 talks about the great care God took in creating you. Thought, love, and dedication was taken in the unseen moments God knit you together in your mother's womb. Luke 12 describes the interest God takes in the sparrows and lilies, yet, His devotion to you is greater. Scripture is filled with words of God's love and value for you.

Know that God cares more about you than you could ever comprehend. Embrace the truth that you are valued. Please understand that His love is deeper, wider, and higher than you could imagine. Sink into His love for you. Embrace His care. Trust that how He has designed you is wonderful and powerful. You have a purpose and a calling very specific to how He wants to use you.

When you think your gifts are not as important, rebuke it. When you feel your experience is lacking, lean into God's. When you feel your value is nothing compared to another, trust what His word says about you.

Tell insecurity today that you have value by speaking Psalm 139 over your life. Let the words of Luke 12 drench you in the assurance of His care. Every time an insecure thought pops into your head, push it out with prayer and Scripture.

Remember, you are fearfully and wonderfully made!

DAY 5

Ephesians 6:10-20

Biblical Truth: "Go Forth in Strength"

When you embrace your value and God-ordained purpose in life, you'll be able to walk in strength and confidence. The enemy will take notice of a person once riddled with insecurity, standing strong, and will come at you with arrows of discouragement. Because of this, Ephesians 6 is necessary to walk out this new-found security.

Putting on the armor of God will cloak you in items that will protect you from injury. Verse 11 conveys that your armor must be worn at all times, as your daily attire. See to it every morning that you intentionally prepare yourself for a day of battle, because you never know what attacks might take place. The armor doesn't magically appear when you need it, instead you must make a conscious decision each day to "put it on" through your dedication.

What's most important as you move forward, is the confidence you place in God. There will be times you feel weak or fall into discouragement. When that happens, find shelter in the safety of His wings. There is something powerful in recognizing that we are weak, but our God is stronger than anyone or anything. There is no weapon that can defeat Him. No miracle too big. No enemy too strong. He has claimed victory on the cross for all time and in each moment of your weakness.

It is absolutely necessary to recognize God as the source of your strength. When you do that, you can tap into his never-ending supply. Allow it to refresh and encourage you. Hold firm to the belief that He is for you. Walk forth in His strength to overcome insecurity.