



Daily Quiet Time Guide

DNA – Who We Are - Week 2

Devotional Adapted From: Knowing God's Heart



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 minutes.

½ Minute 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!

2.5 Minutes Talking To God: After God has spoken through His Book, then speak to Him in prayer.

DAY 1

Psalms 46:10, John 17:3, John 17:26, 1 Corinthians 2:10-12

You Can Know God

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” Psalm 46:10

God longs to be known by you. He longs for you to make time to simply seek his face and get to know his personality, the nature of his love, and the availability of his presence. You don't have to live without a real, revelatory knowledge of God's heart. You don't have to live with the uncertainty of whether you are cared for, provided for, and loved.

In the life, death, and resurrection of Jesus, God proved his longing to be known by us. Jesus took on flesh, not just so he could save and redeem us, but so he could usher in a better, truer revelation of who the Father is. In John 17:3 Jesus says, “Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.” And later in verse 26 Jesus prays to the Father, “I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.” Jesus came that we might know the love of the Father. He came that we might have communion - unhindered relationship with our Creator.

Through Jesus you've been granted eternal, real access to your heavenly Father. And in the Holy Spirit you can search the deep places of God's heart and grow in restored relationship with him. 1 Corinthians 2:10-12 tells us that the Spirit searches and knows the depths of God. That same Spirit who is from God has been given to us so that we might understand what God has freely given us.

God has made the way for you to know his heart. You can know him in infinitely deeper and more transformative ways than you can even know your best friend or spouse. The Holy Spirit, God himself, dwells within you and longs to reveal the “deep things of God” to you.

All that's left for you to do is have faith in God's ability to reveal himself when you seek him and set aside time to know the heart of your heavenly Father.

Prayer: Father God, reveal yourself to me and allow me to rest in your presence. Thank you for your Spirit that I might grow in relationship with you. Thank you for being available to me and for loving me unconditionally. In Jesus's name. Amen.

DAY 2

1 Chronicles 16:11, Jeremiah 29:13-14

Continual Revelation

“Seek the Lord and his strength; seek his presence continually!” 1 Chronicles 16:11

Seeking God isn't meant to be a one-time event. We're not meant to run off the fuel of an occasional encounter with our Father's love. Rather, seeking and finding God's heart is to be at the foundation of all we do. It is to be intertwined in our thoughts, actions, and emotions. He longs to reveal himself to us whether we're at home, working, watching movies, in a church service, or out with friends. Life with God is meant to be about continual revelation of his heart.

In Jeremiah 29:13-14 God says, “You will seek me and find me, when you seek me with all your heart. I will be found by you, declares the Lord.” God longs to be found by us. He longs for us to seek out a revelation of his invisible nature, unconditional love, and abounding grace. He longs for us to taste and see that he is good. (Psalm 34:8) When you seek out God, you won't be met with nothingness. When you seek to know the will, attributes, feelings, and reality of your heavenly Father, you will find what you seek. His presence is his promise.

Do you go through much of your day apart from a revelation of God's heart? Do you suffer through insecurities, disappointments, fear, doubt, and worry as if you're on your own? Do you take life into your own hands and work to feel valued, fight for what you feel is owed you, feel like quitting when you fail, and wallow in your inability to live life perfectly? Your heavenly Father waits, beckoning you with his grace to simply ask him for his heart. All the while he longs to root and ground you in his love that isn't based on what you do, but based on his unwavering, unchanging character.

The best news we have today is that God is available to us. He's ready and willing to pour out a love so rich, so real, and so powerful that everything changes. He's knocking on the door of our hearts, hoping that we will simply take the time to open up and let him in. Take time today to seek a fresh revelation of God's heart. Begin a lifestyle of continually seeking God by giving God all you have right now: yourself. May you be empowered and set free today to live in communion with your loving heavenly Father.

Prayer: Father, reveal a fresh revelation of your heart to me today. I don't want to go through life without you, struggling to do things on my own. Help me to be still and know that you are God. In Jesus's name. Amen.

DAY 3

John 16:13, 1 Corinthians 2:10-11, Exodus 33:14

The Spirit

“When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.” John 16:13

The Holy Spirit dwelling inside of us as believers is our gateway to the heart of God. It's through him that we can know the thoughts, emotions, and will of the Father. It's through him that we grow in our revelation of God through Scripture. And it's through him that we encounter God's manifest presence.

In John 16:13 Jesus says, "When the Spirit of truth comes, he will guide you into all the truth..." 1 Corinthians 2:10-11 says, "The Spirit searches everything, even the depths of God. For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God."

Encountering the heart of God through the Holy Spirit is meant to be normal for believers. It's not supposed to be weird to hear from God. It's not only for the chosen few to know God's heart moment to moment. We're created to know the Father and the Son by the Holy Spirit. We're created for real, authentic, and transformative relationship with the entire Godhead.

Unless we allow God to create a new normal for us, we will never experience the fullness of life Jesus died to give us. Unless we open our hearts to the Spirit and allow him to teach us how to live life in communion with him, we will never be rooted and grounded in God's love and grace. And without being rooted in the love of God the storms of this life will always wreak unnecessary havoc.

The Spirit longs to lead you to the heart of God today. He longs to share with you the "thoughts of God." He longs for you to know the depths of his love and grace. Allow God to create a new normal for you today. Seek out his will about decisions you are unsure of. Seek out his heart when you feel distraught, insecure, or frustrated. And seek out his manifest presence when the cares of the world begin to weigh on you. May you grow in fellowship with the Spirit who dwells within you.

Prayer: Father God, create in me a new normal. I want your Spirit to teach me how to live in communion with you. I want to be rooted in your love, Father. I want to know your thoughts. Help me rest in the assurance of your presence. In Jesus's name. Amen.

DAY 4

Ephesians 3:17-19, 1 John 4:16, 1 John 4:9-10, Ephesians 5:2

A Foundation Of Affection

"So that Christ may dwell in your hearts through faith - that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God." Ephesians 3:17-19

One of the most wonderful results of knowing the heart of God is living with a foundation of affection. Often, we spend too much of our daily time and energy working for the affections of others. From trying to earn the respect and admiration of friends and family, to vying for approval from a complete stranger, we are in constant need of affection.

But as believers we've been given a wellspring of love and affection in communion with our heavenly Father. There's nothing we have to do or could ever do to earn the love of God. His love is the beginning. His affection is meant to be the catalyst for our emotions, thoughts, and actions rather than the result. It's for this reason God calls us to be rooted and grounded in his love in Ephesians 3:17-19.

When we seek a fresh revelation of God's unconditional love, we naturally become secure and unshakable. When we discover the unfathomable depths of God's affection for us, we naturally stop vying for love from

others. And as we daily access the heart of God, we become filled with all his fullness, richly satisfied with a love far greater than we could ever earn.

1 John 4:16 says, "Whoever abides in love abides in God." Take time to abide in the love of your heavenly Father. Let him surround you with his transcendent peace. Let him reveal his vast and overwhelming affection for you. And live today in light of God's glorious grace that you might devote your time and energy to responding to love rather than earning it. May God's affection be your foundation today.

Prayer: Thank you, Father, for your deep, unconditional love. I want to abide in your love, experiencing the fullness you have for me. I want to experience your transcendental peace rooted in the foundation of your affection. In Jesus's name. Amen.

DAY 5

1 John 4:7, Matthew 5:14-16, Ephesians 2:10

God's Heart Doesn't Stop With Us

"Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God." 1 John 4:7

As wonderful and life-giving as it is to access the heart of God for ourselves, having God's heart isn't meant to stop with us. His heart is meant to fill us, empower us, and transform us to live in such a way that we are light in the darkness. In Matthew 5:14-16 Jesus said, "You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

As a believer you can reveal the heart of God to others. You've been given access to a deep, revelatory knowledge of God's love that you might shine the light of God's goodness to a world that only knows darkness. You can reveal the heart of God through the way you honor rather than speaking ill. You can represent the humility of Jesus by serving rather than being self-seeking. You can reveal God's grace by offering compassion when others treat you poorly. And you can display the courage that comes from a true understanding of God's unconditional love by living authentically rather than building up a false image.

You were made to share God's heart. You were made to co-labor with him in seeing the gospel be proclaimed and bear fruit in the lives of others. Ephesians 2:10 says, "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

God has work prepared for you today. Look for opportunities to share what God is doing in your life. Look for ways you can be a reflection of the aspects of God's heart he's revealing to you. Don't let the love of God be contained to you like a secret, but share it freely, knowing that his love never runs out and is what every human heart is searching for.

Prayer: Heavenly Father, fill me with a passion to reveal your heart to others in need of relationship with you. Help me be a light to those in darkness. Guide me as I co-labor with you. In Jesus's name. Amen.