



Daily Quiet Time Guide

Anxious For Nothing, Week 3

Devotional Adapted From:

Make Decisions with Faith and Confidence



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

Romans 8:16, Romans 8:14

Try It On

Decision making is one form of anxiety that we all face at some point in our lives. When we’re trying to make a decision, it might help if we “try it on.” It’s like when you go to a store to buy a new shirt, you usually try it on first, right? That’s how you know if it fits well or if it looks as good on you as it did on the mannequin.

Sometimes we buy a few shirts that we don’t try on first, only to get home to find out they aren’t right for us. Then we have to take them back. It always pays to try things on before you commit to them.

The same is true when it comes to making a decision. It only makes sense to “try it on” first before you commit. Instead of just waiting around to hear the voice of God or get a sign from above, you should *do* something for the Holy Spirit to confirm you’re headed in the right direction. Take some steps and see how it sits with your spirit and the Holy Spirit.

After all, this is the same way you know you’re saved. Romans 8:16 says, *“The Spirit Himself bears witness with our spirit that we are children of God.”*

The Holy Spirit can also bear witness with your spirit when it comes to making the right decisions for your life. He wants to lead and guide you, and it’s your right as a child of God to be led by Him. (Romans 8:14).

Prayer: Thank you, Holy Spirit, for your guidance. Please be with me as I “try on” the decision I’m facing. In Jesus’s name, Amen.

DAY 2

Acts 15:25, Acts 15:28

Take Some Steps

Let's say you're trying to decide whether or not to move to a new city, or to take a new job or to leave the job you already have. Instead of just waiting for God to speak, or sitting on your couch reading your Bible, or kneeling in your prayer closet, start to take some steps in the direction of the new city. Do some research about the company you're thinking about working for. Consider why you took the job you have in the first place and if it's meeting those needs.

Don't misunderstand that reading the Bible and praying are vitally important to your decision-making process, they are. But it's important to get up and *do* something, to see if the Lord is leading you in a certain direction. Try it on—take some steps and give the Holy Spirit something to say yes or no to.

The Book of Acts says more than once that the disciples moved ahead with a plan because it seemed good to them and to the Holy Spirit (see Acts 15:25, 28). Thank God for the Holy Spirit witnessing to us when we need His direction and help in deciding things. And don't forget to include others who are also seeking God first in their life. Surrounding ourselves with those who are like-minded can help us take that first step.

Prayer: Father God, as I move towards making a decision, please guide my steps. Let me know the direction I'm heading is the right one. Holy Spirit, confirm in me that I am on the right path. Amen.

DAY 3

Numbers 13:18-20

Spy Out the Land

If you're thinking about moving or taking a new job, go there and spy out the land. Take a trip to visit the new city and check it out, just like the children of Israel did when they arrived at the Jordan River to cross into the Promised Land. Joshua sent a team of 12 into the land of Canaan to see what was there. (Numbers 13:18-20).

Spend some time just *being* there, hanging out in the environment you're thinking of moving to. When you're in a place you can get a good sense of whether or not you fit there. When you visit the new place, stop frequently and check with the Holy Spirit. Ask Him, "Is this right? Should I keep moving forward?"

The idea here is to just keep taking steps until you either get a red light in your spirit or you're there. When it comes to making major decisions, you may need to take longer to listen. Try on many things, moving ahead step by step, keeping your spiritual antenna up, listening for God's voice. Allow Him to solidify it in your spirit before making a move one way or the other.

If you want a new car, take a step and test-drive a few. If you think God is leading you to start a new business, get online and check out similar businesses or get information from the Small Business Administration. Maybe you're trying to decide about going back to school. Start by examining schools that have programs you're interested in. Each time you check out a different one, stop to ask the Holy Spirit, "Is this one right?" If you don't get a no, then keep taking steps toward that school.

When you're trying to make a decision, you might need to say out loud, "OK, I'm *going* to do this," then stop to see how that settles in your spirit. Let a day or two go by, then say, "OK, I'm *not* going to do this." Then check: Am I getting that uneasy feeling or do I have a sense of peace? If you're unsure, keep checking until you know for sure whether or not to do it.

Prayer: Holy Spirit, as I spy out the land of opportunity, help me to feel your presence and your peace. Guide my every move as I make one decision after another. In Jesus's name, Amen.

DAY 4

John 14:27, Philippians 4:6-7

How To Let Peace Rule

In John 14:27, Jesus said, "*Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.*"

We don't have to be afraid when we're making decisions, and we can let peace rule instead of feeling pressured, unsure, or stressed. So, how do we do that?

First, decisions should be made from a position of peace, not agitation. It's almost impossible to hear from God or get confirmation from the Holy Spirit when you're upset, angry, worried, or agitated. Get your heart and mind quiet by reading the Word or praying in the Spirit, then listen so you can clearly hear from God.

Second, when you try on a decision, pray and continue to move until you feel the peace of God in your spirit.

Third, peace keeps you in a place of faith once you've *made* your decision. As you watch your decision unfold, peace keeps you from second-guessing yourself or changing your mind every other minute. Peace keeps you on track. It keeps you from fretting about decisions you've made.

Philippians 4:6-7 tells us: "*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*"

God's peace comes when you pray and give everything to Him. That peace will guard your heart and mind throughout the decision-making process.

Prayer: Holy Father, thank you for giving me a spirit of peace like no one can understand. Thank you for being in control. Thank you for your continued guidance as I make life-changing decisions. Amen.

DAY 5

1 Corinthians 2:9-10

Launch Out

The main idea of “trying it on” is to give the Holy Spirit something to witness to as you do something. It’s the same theory that says you can’t steer a parked car – it has to be *moving* in order for steering to happen.

It’s much easier for the Holy Spirit to steer us when we’re already moving in a direction. Envision it like this: you have to be moving in a certain direction in the *natural* for God to come along and add His *super* to it. Then you have the *supernatural*!

For example, a ship at anchor never catches the wind—only ships that have launched and are headed in a direction will catch the wind when it comes up. They’re the only ones that will actually make the trip and end up where they’re supposed to. The ship that stays anchored in the harbor never gets anywhere.

You have to take a step. Try it on. Launch out. Then check with the Holy Spirit to see if you’re heading in the right direction.

First Corinthians 2:9-10 says, *“Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him. But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God.”*

God is waiting to reveal things to you, but if you stay in one place—if you keep your anchor down—you may never take any steps of faith and never end up at your divine destination.

Sometimes it’s scary to get moving. There is risk involved. Just as ships in the harbor may be safe, ships weren’t built to sit in the harbor. They are meant to sail on open waters—just like you are meant to “sail” with God! You weren’t handcrafted and gifted by God to do nothing. So launch out, take some steps and check with the One who provides peace to see if you’re headed down the right course.

Prayer: Thank you, Father God, for steering me in the right direction, for encouraging me to launch. I want to sail with you with absolute peace. Thank you in advance for providing that. In Jesus’s name, Amen.