



DEVOTIONAL GUIDE

WHAT IS A DEVOTIONAL?

Chronic Joy® devotionals are an invitation to take one gentle step, to pray in a comforting and familiar or perhaps new-to-you way, or to cry out on behalf of one precious life today ... maybe even yours.

Devotionals bless us by:

- strengthening and deepening our relationship with God
- changing and enriching us (Psalm 51:10)
- helping us to engage with Scripture
- shedding a whole new light on interruptions!
- discovering how prayer can equip, nourish, and inform the rhythms of our lives
- inspiring us to develop consistency over time
- leading us as we pray for others

A PLACE TO BEGIN

1. SET ASIDE A SPECIAL TIME AND PLACE TO MEET WITH GOD.

This may look different for each one of us. Some might find that being outside draws them closer to God. Others might release their thoughts and prayers best when moving, perhaps when walking outdoors or on an elliptical. For others, a special chair or room might open their hearts to connect with God. No matter where you meet Him, it's important to designate a time to sit at the feet of Jesus. It may be a specific time or something more general, (like in the morning), but making that time a priority will bless your entire day.

2. QUIET YOUR HEART AND MIND. BREATHE DEEPLY.

Life may move at a hectic pace. We may have trouble letting go of anxiety or our "to-do" list, but for most of us, it can be challenging to slow down and quiet our minds. Breathing deeply is a great cue for our bodies to release tension and relax.

Visit chronic-joy.org for more resources.



3. SLOWLY READ THE SCRIPTURE AND THE PROMPT, PERHAPS SEVERAL TIMES.

Reading slowly and deliberately is another way to reinforce the solace we seek. Reading the Scripture several times, then "preaching" those words to ourselves helps us to really "hear" God speaking to us. Scripture transforms us from the inside out.

"When we call on God, he bends down His ear to listen, as a father bends down to listen to his little child."

(Elizabeth Charles)

4. WRITE THE VERSE IN YOUR JOURNAL, NOTING ANY WORDS THAT CATCH YOUR ATTENTION.

Writing in a journal is another way to slow down and it creates a memory of the time we spend in prayer. Scripture on the page - underlined, highlighted, or circled - invites curiosity about what God may want to talk with us.

**"Pray with your intelligence. Bring things to God that you have thought out and think them out again with Him.
That is the secret of good judgment."**

(Charles H. Brent)

5. TALK WITH GOD, TAKING TIME TO LISTEN, THEN JOURNAL YOUR THOUGHTS.

The previous steps begin to soften us, preparing us for a two-way conversation with our loving Father who wants to hear what's on our hearts and minds. Scripture guides us to a path where the Good Shepherd is waiting to lead us, to remind us of His deep love for us, and to draw us to Himself. While we may not realize that transformation is in process, over time journaling helps us to see, where we are being lead to love, serve, and care for those in our sphere of influence.

"God never gives us discernment in order that we may criticize, but that we may intercede."

(Oswald Chambers)

PRAYER

Father, thank You that Your Word is a lamp unto my feet and a light unto my path. As I read, study, and consider this Word, open my eyes and my heart. Help me to be still before You so I might recognize Your presence and experience Your perfect peace — wherever and however I am. Breath by breath, moment by moment, day by day, teach me more about You. Amen.

chronic-joy.org/devotionals

