

**Daily Devotionals Worksheets:**

**Where Are You with God: Days 1 - 5**

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# Where Are You with God: Day 1

**Scripture:** *“And Gideon said unto him, Oh my Lord, if the Lord be with us, why then has all this befallen us? and where be all his miracles which our fathers told us of, saying, Did not the Lord bring us up from Egypt? but now the Lord hath forsaken us, and delivered us into the hands of the Midianites.” (Judges 6:13)*

**Nathan’s Personal Thought:** Have you ever thought about how the story of Gideon applies to your life? Gideon struggled to trust God and His plan so much so that he demanded God show him various signs. How did God respond? He showed Gideon numerous signs and each time Gideon wanted to see more. The amazing thing is God didn’t give up on Gideon; He didn’t get frustrated and walk away.

Just like Gideon, I’ve had a hard time believing and trusting God. Thankfully, God has been patient with me and hasn’t given up on me.

God hasn’t given up on you either. He’s waiting for you to buckle down and invest time in building your relationship with Him. Once you do this, He will use you in a mighty way, just as He used Gideon.

**Reflection:**

*Confess:* Where are you with God? Pour out your heart. Write it all down and be honest because God already knows.

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*Identify:* How did you get here? What has gotten between you and God? Or what have you let get between you and God?

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*Create:* List things you can either start doing or stop doing to get closer to God.

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**Prayer:** Lord, thank You for being patient with me and thank You for not getting frustrated and walking away when I question You or don't immediately do what you've asked me to do. Please help me develop my relationship with You so my life can be honoring and glorifying to you.

## Where Are You with God: Day 2

**Scripture:** *“And not many days after, the younger son gathered all together and took his journey into a far country, and there wasted his substance with riotous living.”*  
(Luke 15:13)

**Nathan’s Personal Thought:** At one point in my life I had the mindset that money was the solution to my problems. I thought “If I could just make more money, then I could find happiness.” For a time period, my thought process was accurate: money did resolve many of my issues. Unfortunately, money didn’t resolve my root problem. Why? Because my focus and love of money led me away from the Lord.

The prodigal son had the same thought. He wasn’t happy or content where he was, so he thought he could take his money and go live the life he wanted. You know how that story ends right? He ends up broke lying in a pig pen.

Are you headed down this path? If so, consider changing directions immediately because money isn’t going to solve your problems. Sure, it might solve your problems for a season, but I guarantee you in the long run the pursuit of money (and the excessive spending of it) is only going to cause more problems.

**Reflection:**

*Confess:* What are you relying on to resolve your problems? (money, shopping, job, friends)

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*Identify:* Why are you relying on “your thing” verses relying on God? Is it a trust issue? A faith issue? A stubbornness issue?

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*Create:* If you feel like “your thing” has too much power over you, your relationships, or your life, what are the steps you need to take to start relying on God?

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**Prayer:** Lord, I love You and need You in my life. Help me to stop relying on my own solutions. I know I need to rely on you and I know until I do my life is going to be full of stress, misery, and conflict. I’m ready and willing to focus on my relationship with You because I want a life full of peace, joy, and contentment.

## Where Are You with God: Day 3

**Scripture:** *“The soul of the sluggard desireth and hath nothing, but the soul of the diligent shall be made fat.”*  
(Proverbs 13:4)

**Nathan’s Personal Thought:** Procrastination is the action of delaying or postponing something, and rarely is the word procrastination associated with success. Why? Because procrastination almost always leads to failure, anxiety, issues, or trouble.

I’ve been a procrastinator my entire life. I’ve waited until the last minute to do a task and then wondered why I didn’t get the results I desired. In college, I waited until the 5th week, 6th day and 23rd hour to do my term paper that I’d known about for 6 weeks. How did this work out? Well, I caused myself undue stress and my work was subpar because I rushed to get it done.

What does procrastination have to do with our relationship with God? God has told us to study His word and pray without ceasing, but when we put it off, we make poor decisions and create problems in our lives. We create undue stress and subpar results.

**Reflection:**

*Confess:* How have you procrastinated with prayer and studying God's word?

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*Identify:* When, if ever, have you found yourself motivated to pray more consistently and study your bible? Did anyone or anything help support this commitment to become closer to God (i.e. Sunday School, men's group, weekly bible study, etc.?) Are you only praying when you mess up?

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*Create:* When you find yourself procrastinating about prayer and studying God's word, how can you gently encourage yourself to commit? What support network or tools might be able to help your commitment?

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**Prayer:** Lord, help me to stop procrastinating in my life. I've created unnecessary and unwanted issues because I've not taken the time to develop my relationship with You. I'm committed to developing my relationship with You by making time each day to study Your word and pray.

## Where Are You with God: Day 4

**Scripture:** *“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” (Isaiah 40:31)*

**Nathan’s Personal Thought:** When I want something, I don’t have much patience. I want it sooner than later and I don’t want to wait. This type of attitude definitely doesn’t fit well within God’s plan because I had become so focused on what I wanted verses what God had planned for me. My “prayers” focused on what I wanted and what happened when my prayers weren’t answered? I felt like God wasn’t listening to me and definitely wasn’t answering my prayers.

Think about how Moses felt at the Red Sea. Moses had done exactly what God asked him to do. He led the Israelites out of Egypt and now the Egyptians are bearing down on them, there are mountains on both sides and the Red Sea is too deep to cross. There is nowhere for Moses to go; he is boxed in.

At this point, Moses has a huge decision to make. He can’t cross the mountains, he can’t cross the Red Sea, and returning to Egypt means returning to slavery. What did Moses do? He patiently waited on the Lord. Can you imagine the look on Moses’ face when God split the Red Sea? You know Moses never saw that coming!



**Reflection:**

*Confess:* How do you feel when you pray unceasingly to God for something and you feel like those prayers go unanswered?

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*Identify:* When have you been frustrated by unanswered prayers in the past? Was this prayer in line with God's will? Were you praying for a specific answer instead of being open to God's answer?

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*Create:* How might you practice more patience with God in the future? And how can you make sure what you're praying for is His will?

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**Prayer:** Lord, help me to await Your will, Your way, and Your wisdom like Moses did. I know to achieve this I must be diligent in studying Your word and developing my prayer life. I know I must set aside time each to study Your word and I know I must pray/communicate with You throughout the day. I know I must be open to having my prayers answered in a way I don't expect.

## Where Are You with God: Day 5

**Scripture:** *“In those days there was no king in Israel, but every man did that which was right in his own eyes.”*  
(Judges 17:6)

**Nathan’s Personal Thought:** I look back over my life and regret not serving God as I should have. Why? Because I caused myself and others misery and heartache and this could have been avoided. I chose to do what I thought was right and my words and actions caused unnecessary pain and suffering.

Are your choices creating misery, heartache, pain or suffering for yourself and/or others? Take a minute and consider the story of Samson. Samson struggled with serving God on and off his entire life. When Samson was away from God he caused himself major issues for himself and everyone around him, but when Samson was serving God, he was at peace and ruled as a judge over Israel for 20 years.

**Reflection:**

*Confess:* Which of your choices, words or actions are creating misery, heartache, pain, and suffering to yourself or someone close to you?

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*Identify:* Think about an area in your life where you feel most “selfish”. Where do you think that feeling came from? What created it?

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*Create:* What are you going to do to resolve the matter? Is your way working? Why not consider creating a game plan based on God’s word?

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**Prayer:** Lord, I need help in keeping my mind focused on you. I know when I’m not serving you I’m hurting myself and those around me. Let me remember that true peace, joy and rest comes through my relationship with You.

# Mind Games: Day 1

**Scripture:** *“Lord, how long wilt thou look on? Rescue my soul from their destructions, my darling from the lions. I will give thee thanks in the great congregation: I will praise thee among much people.” (Psalm 35:17-18)*

**Nathan’s Personal Thought:** At times, I’ve felt like God abandoned me and He didn’t care what was going on in my life because I had either strayed too far from Him or I was not doing what He wanted me to do.

I found it easier to blame God for “abandoning” me in my time of need than to take responsibilities for my actions. I was literally blaming God for my circumstances and the truth was I didn’t have the right to blame God. God hadn’t left me or abandoned me—I had left Him and abandoned Him. I had let my feelings and thoughts of betrayal keep me from getting right with God.

Look at the life of Joseph. He had been sold into SLAVERY by his brother and from an earthly standpoint, he had every right to feel betrayed by God and he had every reason to be angry and bitter with God. Yet Joseph chose to trust God and His plan. Joseph chose to forgive and show the love of Christ to others.

Can you imagine how different Joseph would have been had he gotten angry and bitter? Can you imagine how different we would be if we weren’t bitter over that “thing” which happened to us?

**Reflection:**

*Confess:* What betrayal, hurt or life event are you holding onto?

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*Identify:* Does this betrayal, hurt or life event apply to just one person/situation, or have you had other experiences like it in your past? Essentially, what's driving your thought process and what's the basis for your reactions?

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*Create:* When you think of the person or situation, try something new. Instead of focusing on the negative, start praying for the situation or the person. You will be surprised what God can do when you get out of the way.

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**Prayer:** Lord, I'm angry, upset and bitter and this is hurting my relationship with you. The thought of having to deal with "everything" is simply overwhelming. I know I need to let go of my anger and bitterness and I the only way to accomplish this is through YOU.

## Mind Games: Day 2

**Scripture:** *“And let the peace of God rule in Your hearts, to that which also ye are called in one body; and be ye thankful.”* (Colossians 3:15)

**Nathan’s Personal Thought:** I love the story of Daniel. It’s so encouraging and shows God has our backs when we serve Him. Does this mean God protects us from all bad things? Nope. It means God protects us during the bad things.

Daniel had to decide between serving God or disobeying the King. Can you imagine the thoughts running through Daniel’s mind? I’m sure he was thinking things like “I can’t pray to God. It could cost me my life.” Ultimately, Daniel chose to serve God faithfully and diligently without hesitation or care for his personal well-being and what did God do in return? God protected Daniel during his time of need.

**Reflection:**

*Confess:* What's standing in your way of you praying and communicating with God? What are you afraid of?

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*Identify:* When is the last time you were close to God? How were your life and actions when you were close to God?

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*Create:* What is one step you could take now to improve your prayer life with God?

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**Prayer:** Lord, I need to spend more time with You. I want to develop a prayer life and a faith like Daniel's. I'm not sure what my day or week holds and I'm uncertain about how to handle things, but I know Your way is the best and I know I must dig in and establish my life on Your word.

## Mind Games: Day 3

**Scripture:** *“This people draweth nigh unto me with their mouth, and honoureth me with their lips; but their heart is far from me.”* (Matthew 15:8)

**Nathan’s Personal Thought:** This is hard to admit but at times I drift away from God. I will start watching TV, or updating my Facebook account, or playing Candy Crush and then the thought of “I know I need to spend time in His word” hits me and instead of spending time with God, I will continue doing other things.

My actions create a slow drift from God and my choices create issues and circumstances in my life. This leads me to thinking “why has God left me?”

What’s the real issue here? Is it God or me? It’s me. I’ve drifted away from God. The truth is God is never changing and He has never left me, nor will he.

Think about it this way: the more we rationalize and tolerate sin, the further we drift away from God.



**Reflection:**

*Confess:* What is causing your slow drift away from God?

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*Identify:* What are you focusing on which is causing you to slowly drift from God?

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*Create:* What are you willing to do to stop your drift way from God?

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**Prayer:** Lord, I know I have a tendency to drift away from You and Your will for my life. I am tired and feel like my life is falling apart. I'm trying my best to hold it all together but it isn't working. I know I need to draw near to You and apply Your word to my life. Please give me strength to stay anchored in Your word and please give me the courage to do what I need to do.

## Mind Games: Day 4

**Scripture:** *“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. (Galatians 6:7-8)*

**Nathan’s Personal Thought:** As I started giving God control of my life I had to face various consequences from past actions and it wasn’t long before I had thoughts of “Why is God punishing me?” This will happen to you as well. It will cause you to pause and consider whether the process is worth it. It will possibly dominate your thoughts at times.

When this happened to me, I took the approach of writing down the truth. I wrote out what was the issue I was faced with and what had caused it. Then when I started feeling like God was punishing me I would pull out my journal and remind myself of what was really going on.

First, God isn’t punishing you. He loves you and will give you the strength, knowledge and wisdom to handle your current circumstances and everything God does is done in love. Second, you must be honest about what you are going through. Is it a Job or Jonah situation?

Look at the story of Esau. Esau had an immediate need so he decided to sell his birthright to meet his need. He had no regard for how his decision would affect the rest of his life and it was something he had to live with. God wasn’t punishing him. Esau had to live with his decision, he had to reap what he sowed.

**Reflection:**

*Confess:* What actions (not Job, but Jonah) have caused consequences in your life?

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*Identify:* Were your actions justified? Did your actions contradict God's word? And did you feel like God was punishing you for your actions?

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*Create:* The next time you're feeling punished or persecuted, write out the steps that led to that feeling. What decisions or actions did you make? What actions did others make? What is your responsibility in the situation? What can you do different next time to avoid the situation?

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**Prayer:** Lord, I know you love me and care for me and I need your help to handle the situations I've created in my life. Give me courage and strength to address the issues I've caused in my life.

## Mind Games: Day 5

**Scripture:** *“Ye shall utterly destroy all the places, wherein the nations which ye shall possess served their gods, upon the high mountains, and upon the hills, and under every green tree: And ye shall overthrow their altars, and break their pillars, and burn their groves with fire; and ye shall hew down the graven images of their gods, and destroy the names of them out of that place.” (Deuteronomy 12:2-3)*

**Nathan’s Personal Thought:** There is a difference between trying to serve God and simply not trying at all. You can’t ride the fence. Why? Because when you are a “split rail Christian” you will get splinters!

Think about the story of King David and the ark of God. When King David was bringing the ark back to Jerusalem he failed to do everything God asked him to do. How? Halfway through the task David decided he knew better than God and did things his way.

I’m guilty of doing this in my life. I make a choice to do things my way instead of doing them God’s way. Let me encourage you: it’s time to stop doing things your way and start doing things God’s way.

**Reflection:**

*Confess:* What “things” are you doing your way instead of God’s way?

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*Identify:* What are you trying to avoid when you’re focusing on these things?

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*Create:* Name one way you can pause before reaching for an activity that keeps you from your relationship with God (shopping, food, alcohol, your phone).

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**Prayer:** Lord, I want my entire life to be focused on You. I know Your way is the best and I know I need to start doing things your way. I know You know best and I pray I will allow You to guide me and direct me.

# Dealing with Pride: Day 1

**Scripture:** *“Pride goeth before destruction, and a haughty spirit before a fall.”* (Proverbs 16:18)

**Nathan’s Personal Thought:** For years, I convinced myself I was a strong Christian and loved the Lord and everything was where it needed to be. However, my actions and words told another story—my fruit and tree didn’t match up.

What was my problem? PRIDE. I didn’t want to admit my choices, my actions and my words had created the life I was currently living.

Why didn’t I want to deal with my pride? Simple. I didn’t want to give God control because to me, that meant I would have to give up control. The irony of the matter is by not obeying God and applying His word to my life I had lost control of my life.

I got the storms promised to me in James 3 because I let my self-centeredness and pride keep me from doing things God’s way. If you are ready to address the storms in your life, then you must deal with your pride and self-centeredness.

**Reflection:**

*Confess:* How is your pride, ego, and self-centeredness affecting your life? How is it affecting others in your life?

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*Identify:* What areas of your life is your pride or ego showing up too frequently? (i.e. work, your relationship with your spouse or kids, at church, etc.)

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*Create:* Determine the different between “selfish” in a positive way (meditation, prayer, time to read and reflect, exercise, etc.) and “selfish” in a negative way (not helping others, not paying attention, short temper). Then make a list of all the positive things and focus on doing those on a daily basis.

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**Prayer:** Lord, I know my pride has caused problems in my life and I'm ready to start addressing it. I'm overwhelmed and exhausted, my burden is heavy and my heart is aching. I'm not sure what to do other than call out Your name and ask for Your help and guidance. Please help me to address my pride!

## Dealing with Pride: Day 2

**Scripture:** *“But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.”*  
(Galatians 6:4)

**Nathan’s Personal Thought:** When we are not humble before the Lord, we become very arrogant about our achievements. Is this bad? Absolutely! Why? Because we have made it about ourselves, instead of about God.

Is working hard and achieving success bad? No! But when your success leads you away from God it is. When your success causes you to compare yourself to others and their achievements it is.

Stop comparing your life to others! I guarantee if you do this, your life will be better and more fulfilled. Try this, start focusing on building others up and helping them! This concept is found in Philippians 2:3, “let each esteem others better than themselves.”



**Reflection:**

*Confess:* Who in your life should you be encouraging and building up?

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*Identify:* Why are you comparing yourself to others? What are you trying to prove?

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*Create:* Think about who you can praise in your life—at work or at home. For the next 5 days, commit to directly praising and extending gratitude to someone, either in person, email, or by phone. What did you notice about your relationship with them? How did that behavior make you feel?

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**Prayer:** Lord, thank You for the talents You have given and thank You for allowing me to do the things I do. Help me to be humble and gracious and help me to focus on building others up and helping them instead of comparing myself to them.

## Dealing with Pride: Day 3

**Scripture:** *“Proud and haughty scorner is his name, who dealeth in proud wrath.”* (Proverbs 21:24)

**Nathan’s Personal Thought:** I reached a point where my “issues” were always because OTHER people were wrong—it was NEVER me. Over time, do you know what happened? I convinced myself the only way to address this was to beat them. If someone wanted to argue, then I needed to win the argument by being louder, harsher, or faster to the punch and if that didn’t work then I hired an attorney.

I became convinced the only way to be successful was to operate the way the world operated. Was there anything wrong with this? Well, yes and no. There was nothing wrong with this from an earthly standpoint but there was everything wrong with it from a Godly standpoint.

My pride kept me from seeking out God’s wisdom and applying it to my life, and my choices created a life full of chaos, stress and conflict. My pride cost me dearly and it was 100% my choice.

**Reflection:**

*Confess:* When have you felt self-righteously correct in your actions?

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*Identify:* If you had to step into their shoes and take their side for a moment, how might THEY see YOU? Would they see Christ in your actions?

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*Create:* Next time you want to launch into “Win-Lose” thinking (“THEY’RE wrong, and I’M right!”), write or talk out the argument from their point of view. Where might you meet in the middle and find a solution that works for both of you? Then consider how would God want you to respond?

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**Prayer:** Lord, my thoughts has been on everything except You. I’ve blamed others for their actions but not consider my actions and this isn’t right. Please forgive me for my actions and develop a passion within me to serve You and take responsibility for my actions and words. Let my thoughts and actions be pleasing unto You.

## Dealing with Pride: Day 4

**Scripture:** *“But if any provide not for his own, and especially for those of his own house, he hath denied the faith, and is worse than an infidel.” (1 Timothy 5:8)*

**Nathan’s Personal Thought:** When you start putting your own needs before God you have problems. When you start putting your own needs before your spouse you have problems. Most of the time, you don’t verbally say, “today I’m going to ignore God and my family and do exactly what I want to do.” However, through your actions you say it loud and clear!

For example, are you a workaholic who has convinced yourself that all your work is for your family? You work 60 hours a week at the office and another 30 or more at home. You are constantly connected to work. I’ve been there and I convinced myself that providing for my family was my #1 priority. So, be honest, is all your hard work and money creating an amazing relationship with your family? No, it’s not.

It’s time to make your relationship with God more important than your relationship with work and money.

**Reflection:**

*Confess:* What are you putting in front of your relationship with God? Or what's keeping you from seeking out God?

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*Identify:* When did this out-of-balance "thing" start happening? What made you stop focusing on your relationship with God?

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*Create:* Imagine your day tomorrow. What small thing can you add or take away to your schedule that will bring you more balance?

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**Prayer:** Lord, thank You for my family and friends. I greatly appreciate the support structure You have given me in my life. From this moment forward, I'm going to start making You my top priority and then connecting to my family and friends my next priority.

## Dealing with Pride: Day 5

**Scripture:** *“Look not every man on his own things, but every man also on the things of others.”* (Philippians 2:4)

**Nathan’s Personal Thought:** It’s a struggle to put another’s needs in front of yours. Why? Because we are self-centered humans and we tend to care more about ourselves than others. However, when we don’t put others in front of us it causes issues. Please know this doesn’t mean you have to let people walk all over you. I’m talking about putting others in front in a Godly, biblical way.

I’ll be honest, I struggle with putting others needs in front of my mine. I’ve struggled with this over the years with my wife. Not because I don’t love her, but because I thought if I did things the traditional way I would get the results I wanted.

For a time period this method worked, but over time, she came to resent my methods. My work ultimately lead me to ignore her which meant she wasn’t getting the attention she deserved. In my opinion, nothing is worse than being physically present, but mentally absent.

But I’ve got AWESOME news though! Once I started treating my wife God’s way, guess what happened? She started getting what she deserved and needed and this lead to me getting what I needed.

**Reflection:**

*Confess:* How has your pride negatively impacted your relationships? Be as specific as possible.

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*Identify:* What negative thought pattern did you have that was getting in the middle of your relationship?

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*Create:* Moving forward, how can you pause or erase prideful thoughts when they start getting in the middle of your relationship? What's the plan to address current relationships?

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**Prayer:** Lord, help me treat my spouse and family the right way. I know my actions have hurt them and I know I need to change my ways. Help me to value and love them and help me do things the right way—YOUR WAY!

# Dealing with Forgiveness: Day 1

**Scripture:** *“Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.” (Acts 3:19)*

**Nathan’s Personal Thought:** You know the story: Jesus is hanging on the cross and there is a sinner on His right and a sinner on His left. What happened with these two men? One rejected Jesus while the other man acknowledged his need for Jesus, asked for forgiveness, and accepted Jesus as his Lord and Savior.

You see, the one who rejected Jesus let his pride rule his life, while the other dropped his pride and admitted he needed Jesus. Is pride ruling your life and keeping you from what Jesus has planned?

For years, I struggled with the thought that “I had gone too far to come back.” I was paralyzed and couldn’t ask God to forgive me. I was literally “afraid” to tell God of my sins because I wondered what He would say or what He would think of me.

Sounds silly right? But if you have ever been there you know exactly what I’m talking about. The sad part is I already knew that God knows EVERYTHING. When He sent Jesus to die for me He already knew I was a wretched sinner.

Guess what? God already knows ALL your sins. He knows your struggles and He knows you have a pride problem. So, why not go ahead and drop your pride, admit your wrongs, confess your sins, and get right with God?



**Reflection:**

*Confess:* What's holding you back from admitting to God your wrong? When have you asked God for forgiveness?

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*Identify:* What's the reason you believe God won't forgive you? Could it be that you don't want to deal with the issue and it really has nothing to do with God? Did you ever have the thought that you did things that God wasn't able to forgive you for? How did that make you feel?

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*Create:* Write down a list of things that make you feel ashamed or guilty from your past or present. Allow God to wash away those sins. He forgives you.

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**Prayer:** Lord, I struggle with asking you to forgive me for the things I've done and things I've said. I know you are willing to forgive me and I thank you for your mercy and grace. Thank you for sending Jesus to die on the cross for me and please give me the strength to trust you and your word.

## Dealing with Forgiveness: Day 2

**Scripture:** *“So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not everyone his brother their trespasses.”* (Matthew 18:35)

**Nathan’s Personal Thought:** I’ve been done wrong before and the person who did me wrong never apologized nor did they even think they had done anything wrong. Honestly, this has always bothered me because when I’m done wrong I either want an apology or I want a pound of flesh.

If it’s an argument, I want to have the last word. If it’s a disagreement, I want the other person to admit I’m right and they’re wrong. I think almost everyone feels this way, but is it what God wants? Nope. God wants us to be Christ-like and by not forgiving others it produces bitterness in our lives. It takes our focus off God and puts it on us.

Forgiving someone is a choice. Remember the story of Joseph? His brothers sold him into slavery and Joseph choose to forgive them. His choice allowed God to use him in a mighty way. Let me encourage you, don’t let your emotions or the need for vengeance keep you from forgiving others.

**Reflection:**

*Confess:* What bitterness do you need to let go of? Who do you need to forgive?

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*Identify:* Why are you holding onto this situation or incident? Has this choice made you a better person or a bitter person? What was the incident (or series of incidents) with this person that allowed the bitterness to take root and grow in you?

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*Create:* Write a letter forgiving this person and then turn the matter over to God. You don't have to send it but writing it down will help you. Realize that it's possible they might feel they need to forgive you too (rarely does one ever think they're the bad guy in any situation!) Allow the letter to release you from your feelings of bitterness and anger and find empathy for where they might be struggling.

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**Prayer:** Lord, I'm bitter and I'm hurting. I've been done wrong numerous times in my life and it hasn't been fair. It's caused me to struggle in my life and I've not been willing to forgive. With Your help I'm going to work hard on forgiving others. Through You, I'm going to forgive those who have done me wrong, even if they don't ask for forgiveness.

## Dealing with Forgiveness: Day 3

**Scripture:** *“Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”* (James 5:16)

**Nathan’s Personal Thought:** As a red-blooded human this is really hard for me to do. I don’t like telling others of my short comings and I don’t like sharing when I’m the one who’s wrong.

One way I’ve rationalized my behavior is by convincing myself that my “wrong” justified because what I did was NOT as bad as what the other person did. Therefore, the other person was wrong and I was right. Can you relate?

I know this isn’t the type of behavior God wants for me because of what James 5:16 says. James tells me to confess my faults so I can be healed. Read that again, James tells me to confess my faults so I can be healed” Did you know the meaning of the word “healed” is “to alleviate a person’s distress or anguish.” You see, when you don’t ask to be forgiven guilt wears you down and starts to affect all aspects of your life.

**Reflection:**

*Confess:* Who do you need to apologize to or make things right with? Don't focus on what they did and don't rationalize your actions.

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*Identify:* What convinced you that your actions were ok? What led to you believe you were right and they were wrong? Does God give you an out for your actions?

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*Create:* Consider writing a letter—and sending it—to the person you treated badly. In it, own your mistakes and your behavior without blame or finding fault. Acknowledge where you went wrong and ask for their forgiveness. You can also email them, text them or call them.

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**Prayer:** Lord, I'm a sinner. I've done things to others I shouldn't have done and I know I must ask them to forgive me. The thought of being embarrassed is overwhelming but I know I need to obey Your word and I need your strength and help.

## Dealing with Forgiveness: Day 4

**Scripture:** *“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”* (Romans 8:1)

**Nathan’s Personal Thought:** If you are saved, the Holy Spirit lives in you and He is willing and waiting to guide you. However, He can only do His job if you are willing to let Him. God’s word states that if we are in Christ we are “a new creature.”

Jesus died for you and me so we could spend eternity with Him, and when He died for you, He already knew every sin you would commit. So, it’s time to stop focusing on past sins and thinking that God could never forgive you or use you. Sure, you’ve messed up, made mistakes, and said and done things you shouldn’t have, but that simply means you are human. There is NOT one single Christian who hasn’t messed up.

Forgiving yourself is critical to your relationship with God. If God has forgiven you then you must forgive yourself. But continuing to live in past mistakes keeps you from serving God in the present.

Look at Jonah. He disobeyed God and didn’t go to Nineveh but what happened after he came back to God? God sent him to Nineveh and when the people of Nineveh heard about God they repented.

**Reflection:**

*Confess:* What do you need to forgive yourself for? What guilt are you holding onto?

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*Identify:* Can you remember the first time you did something that you found unforgivable? What was it? Why do you believe God won't forgive you and restore you?

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*Create:* Write yourself a letter forgiving yourself for your past wrongs. Give your burden to God and if you want, burn the letter. As the letter burns, ask God to take away your guilt and shame.

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**Prayer:** Lord, I pray I will be sensitive to the Holy Spirit's voice and presence in my life. Please give me the strength to deal with my past actions. I know I need to stop living in the past and start serving You in the present.

## Dealing with Forgiveness: Day 5

**Scripture:** *“Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.” (Colossians 3:13)*

**Nathan’s Personal Thought:** Holding a grudge is a simple thing to do; it can become second nature. However, do you know who doesn’t hold grudges? God. I’ve sinned tremendously against God, yet He doesn’t hold a grudge against me.

Let me ask you something: if God doesn’t hold grudges, then should you hold grudges? When we hold grudges it obstructs and hinders our walk with God. It allows burdens and hurt and pain to dominate our lives.

Scriptures are full of God telling us to forgive because forgiveness is a powerful tool given to use by God. It’s time to start holding grudges and let God start healing.



**Reflection:**

*Confess:* Who are you holding a grudge against? Do you see the conflict between you grudge and God's word?

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*Identify:* What's your grudge accomplishing for you? Has it changed the other person?

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*Create:* Make a list of all the grudges you are holding onto and then assign a Bible verse to each one (it's *ok* to have one verse or multiple verses). Now, commit to yourself that each time you think of these grudges you will remember Bible verse and you will start asking God to remove these grudges from your live.

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**Prayer:** Lord, You see ALL my shortcomings and all the mistakes I make, yet You still forgive me and love me. Thank You. As I grow You in, please help me to forgive and love others the way You forgive me and love me.

## Dealing with Patience: Day 1

**Scripture:** *“Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. Humble yourselves in the sight of the Lord, and he shall lift you up.” (James 4:7-10)*

**Nathan’s Personal Thought:** Being “doubled minded” isn’t a smart way to live. It’s like going to a sporting event and wearing the away team’s jersey but sitting on the home team’s side. You cheer for your team but it can’t be heard!.

Trying to “serve” God while “doing” things your way is the same. God’s way is right and your way is wrong and the sooner you can admit this and start doing things God’s way, the sooner you will start seeing the benefits in your life

Remember, the moment you repent your sins you, God fully forgives you and restores you. However, that doesn’t mean God takes away the consequences of your actions, but He also doesn’t leave you alone to deal with them. This is why true patience is critical and this type of patience is only available through your relationship with God.

**Reflection:**

*Confess:* What do you do when you get impatient? Get irritable with your family? Say something you shouldn't?

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*Identify:* Why are you so impatient? What impact does your impatience have on those around you?

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*Create:* How can you create space between that feeling of impatience and immediately reacting to it? What would happen if you take 5 minutes or 5 days before reacting or making a decision?

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**Prayer:** Lord, I need patience in my life. Let me be patient and wait on You. Give me the strength to focus on You and not be double minded. Help me to make the right decisions in my life.

## Dealing with Patience: Day 2

**Scripture:** *“A soft answer turns away wrath.”* (Proverbs 15:1a)

**Nathan’s Personal Thought:** I’ve read “a soft answer turns away wrath” hundreds of times but it took me a LONG time to put this simple biblical principle into practice. It’s such a simple statement but one that if violated will cause untold issues. I look back over the years and oh, the bridges I burned, the people I hurt and the arguments I engaged in.

I wish I could go back in time and apply this simple, yet powerful principle in my life! I could have avoided so many different situations. Not being patient in my response cost me my testimony but ultimately, it kept my focus off God.

Here’s something I’ve been working on in my life and something you can try. I wait up to 24 hours to respond to a text or email; this way I don’t say anything I will regret. I’m also working on not saying anything if I can’t say something nice—that seems to be a little more challenging! The goal is to conform to God’s word and glorify Him.

**Reflection:**

*Confess:* What “wrath” could you have avoided had you applied “a soft answer turns away wrath” to your life?

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*Identify:* If you’re quick to anger or sharp words, where do you think that comes from? How did your parents handle conflict or emotional outbursts? Do you feel justified in your actions because of what the other person did?

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*Create:* What strategies could you use to respond with “a soft answer”? Are you willing to make a conscious choice to not engage?

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**Prayer:** Lord, my lack of patience and responses causes me trouble, creates conflict, and hurts others. I know it’s critical for me to start applying Your word to my life. Please help me conform to Your word and apply this verse to my life.

## Dealing with Patience: Day 3

**Scripture:** *“Now faith is the substance of things hoped for, the evidence of things not seen.”* (Hebrews 11:1)

**Nathan’s Personal Thought:** It’s imperative to be patient and have faith in God and His plan. I know this is easy to say and I know it’s hard to do. Not because of God but because of me. However, as my relationship with God has developed, so have my “things hoped for.” As time passes, the desires of my heart have changed and so has my stress level.

Once upon a time, I use to desire more money and bigger contracts, but now I desire a deeper relationship with God, I desire more time with my family and I desire to be a Godly example to others. I know God’s plan for my life is SO much better than mine and I’m ready and willing for God to do impossible things with me.

I want you to allow God to do great and mighty things in your life, but for this to happen, you must be willing to do things the way God wants them done.

**Reflection:**

*Confess:* What impossible thing has God done for you?

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*Identify:* What issues have you caused in your life because you weren't patient?

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*Create:* Why not decide upfront how you are going to respond to situations? What does God have planned for you? Misery or peace?

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**Prayer:** Lord, I struggle with doing Your will when I don't know Your plan. I know the only way to handle this is by developing my trust and faith in You. Please help me develop and strengthen my faith in You and let me praise You for the things You have done.

## Dealing with Patience: Day 4

**Scripture:** *“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”* (Matthew 5:16)

**Nathan’s Personal Thought:** Do you remember this song?

*This little light of mine, I’m gonna let it shine  
This little light of mine, I’m gonna let it shine  
This little light of mine, I’m gonna let it shine  
Let it shine, Let it shine, Let it shine!*

It’s time to let your light shine and stop worrying what others think of you. God’s opinion is the only opinion which matters. The opinion of others does NOT matter!

Trust me, the more you let your light shine, the more joy, contentment, peace and balance you will have in your life. It’s time to buckle down and invest time in building your relationship with God. As you do this, it won’t be long before others will want to know what has brought about this change in you!



**Reflection:**

*Confess:* How are you letting your light shine? What things are you doing that dulls your light?

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*Identify:* Think of a time or situation when you worried about what someone else thought of you. How did you react to that? How did they react to it? Did it help you to worry about what they thought?

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*Create:* Think of one of your many God-given gifts that you haven't yet shared widely with the world. What is it? Create a timebound goal (like in 3-6 months) that will allow you to share that gift with others. It is listening to others? Praying for others? Taking food to others? How can you let your light shine?

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**Prayer:** Lord, I've been called to let my light shine, to be an example to others. Help me to stop focusing on my plans or what others think of me. I know my light is the strongest, brightest and most consistent when I'm close to You, yet I struggle to be patient with Your plans for my life.

## Dealing with Patience: Day 5

**Scripture:** *“Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men.”* (1 Thessalonians 5:14)

**Nathan’s Personal Thought:** Humans are born as prideful, egotistical, self-centered individuals. It goes against our DNA to let someone else control our mind, our heart, and our actions. This is what got Adam and Eve into trouble. They choose to do what they wanted instead of what God wanted.

The GREAT news is when we accept Jesus in our heart, we are born again as a new creatures. Our sin nature is replaced with God’s nature but we still have a choice to make. We can choose to obey God or disobey God. When we aren’t developing and maintaining our relationship with God, we are more likely to disobey God.

When we ignore God, we are less likely to be patient with people. Why? Because pride and patience don’t mix. So, if you want to be patient with others then work on your relationship with God.

FYI—Do you know what I’ve found in my personal life when I’m ignoring God? I’m more patient with people I don’t know than with those who are closest to me.

**Reflection:**

*Confess:* What one person do you need to work on having more patience with?

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*Identify:* Was there a turning point in your life when found yourself being less patient overall with others? Do you always find yourself being short with others around you?

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*Create:* Imagine a recent situation where you were impatient with a loved one or coworker. Write down how you could have handled that interaction differently. How could you have responded to them with more patience and empathy?

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**Prayer:** Lord, I know I need to work on being patient. Please help me develop techniques and strategies to deal with people and circumstances that frustrate me. I want true balance and peace in my life and I know this only comes through You.

# Wisdom Matters: Day 1

**Scripture:** *“This wisdom descendeth not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work.”*  
(James 3:15-16)

**Nathan’s Personal Thought:** Over the years, I’ve read this verse dozens of times and always had the same thought. “I’m not out doing anything bad—I’m not out getting drunk, or using drugs, or cheating on my wife—so, I’m good!” What I didn’t consider was all the “other things” like my temper, my stress, my unwillingness to forgive and my stubbornness.

My choices were causing chaos and disorder in my life. They were causing my life to spin out of control. You see, instead of pursuing a deeper relationship with God, my pursuits were focused on worldly possessions and my selfish ambitions.

Then when I tried to “fix” things they only got worse. It didn’t matter what I did, it ultimately didn’t work. Why? Because I was applying my own solutions to my problems. Well, I thought they were problems when in fact they were just symptoms of my real problem. The real problem was I was NOT applying God’s wisdom to my life.

**Reflection:**

*Confess:* What daily choices are leading to stress and conflict in your life?

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*Identify:* What area do you need to apply biblical wisdom to your life? Name something you could give up or change that would reduce the level of stress in your life (browsing social media, online shopping, obsessive TV watching, the nightly glass of alcohol, etc.)

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*Create:* Try working on or changing 2 or 3 things for 30 days and journal about the process. How does it make you feel? What type of results do you see?

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**Prayer:** Lord, it's time for me to choose Your wisdom over mine. I know I must stop worrying about things I can't control. It's time for me to start focusing on You and Your plan for my life.

## Wisdom Matters: Day 2

**Scripture:** *“No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.” (Matthew 6:24)*

**Nathan’s Personal Thought:** Honestly, one of the hardest things for me each day is take time to read God’s word and pray. I know the benefits but it’s like pulling teeth. The sad thing is I don’t struggle taking the time to do other things in my life. I can go play racquetball for hours or I can watch TV, but then I struggle to read God’s word for five minutes.

Is that how you feel? If you are going to get to know God, you are going to have to spend time getting to know God. I challenge you to make God first in your life and commit to making Him the #1 master in your life. You will be amazed at the results you see in your life.

Think about your relationship with God like this: just because you join a gym doesn’t mean you are going to get into shape. If you are going to get in shape, you must DO the work. Our relationship with God is NO different. We must apply Biblical wisdom to our lives moment by moment, situation by situation (even when you don’t feel like it or you don’t want to do it).

**Reflection:**

*Confess:* How much time do you take to read the bible and pray? Daily? Weekly? Monthly? Not just scan it? But read it and study it and consider how it applies to your life?

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*Identify:* What the reason you don't want to spend time in God's word? Is there something you consider to be more important? Do you think turning back to God is too difficult or not worth the effort?

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*Create:* Imagine having a morning routine that was just about self-care (exercise, bible study, meditation, prayer). How could you integrate time with God into this hour or so each morning? Try it for 2 weeks and see how each day goes.

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**Prayer:** Lord, it's time for me to buckle down and develop a deeper relationship with You. It's time for me to deal with the "things" which are holding me back. Please give me the daily strength and diligence to make my relationship with You my top priority.

## Wisdom Matters: Day 3

**Scripture:** *“The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.”*  
(Proverbs 1:7)

**Nathan’s Personal Thought:** I grew up with the “thought” that God was just waiting to punish me when I messed up. The visual image I had was like the “Whack-a-Mole” game at the county fair. God’s fist was literally ready to come down and smash me when I did the wrong thing. Do you feel this way about God?

As I’ve grown spiritually, I’ve learned God loves me and He wants the best for me. He isn’t like the county fair game. Yes, He will correct me when I’ve done wrong, but it’s out of love, and grace, and mercy—not out of anger.

I challenge you to dig into God’s word and discover for yourself what God is about. Study His word and learn what God desires for you and what He promises in return. Please know I’ve had the exact thoughts you are having at this point. “But Nathan, if I give God control then I want ever get the things I want.”

Here’s the amazing thing, the closer I get to God the more my wants and desires change. As this happens, I get more peace and contentment in my life, which leads me to wanting to get to know God. Are you willing to give God’s way a try?



**Reflection:**

*Confess:* What areas in your life are you trying to control without God's help? What things are you doing your own way?

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*Identify:* How has God blessed you in your life, especially when you didn't deserve it? List out three things.

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*Create:* On a sheet of paper, list the areas you mentioned in "Confess". Then list the areas you mentioned in "Identify". What areas do you need to God's help? What are you going to change to make this happen?

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**Prayer:** Lord, thank You for all You have done for me. As I draw closer to You, please build a hedge about me and those around me and let me be sensitive to what You are saying and where You are leading me. Give me a burning desire to give You control in all aspects of my life.

## Wisdom Matters: Day 4

**Scripture:** *“But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace.” (James 3:17-18)*

**Nathan’s Personal Thought:** I was at a point in life that something had to give. I couldn’t go on the way I was living. I knew deep down God wanted more from me but I was scared. I had convinced myself that serving God would be boring, and hard, and filled with a bunch of rules and regulations. Boy, was I wrong!

The peace and joy I’ve experienced from doing things God’s way can’t be put into words. Oh how I wish I had given God control from the start.

I know the stress and misery you are experiencing. I’ve been there. The thought of changing is frightening. It’s truly a bizarre feeling but it’s time to be bold in your life! It’s time to make the choice to serve God, it’s time to put your fears aside, it’s time to stop worrying about what others will think, and it’s time to focus on applying God’s word to your life. The only way to find peace is through God.

I challenge you to give it all to God. I challenge you to find peace, contentment and joy in your life by serving God.

**Reflection:**

*Confess:* Are you ready to find true peace in your life? Are you tired of struggling all the time?

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*Identify:* What steps do you need to take to address the pains in your life? What steps will help you peace in your life?

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*Create:* Write down the actions steps you are going to take and make sure you list out the result you expect from these steps. As you go through the process, monitor the results and adjust your steps as needed.

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**Prayer:** Lord, please forgive me for not applying Your wisdom to my life. I know I must stop giving in to my fears. I'm thankful for the life You have giving me and I'm going to work hard to make the changes I need to make.

## Wisdom Matters: Day 5

**Scripture:** *“Without counsel purposes are disappointed: but in the multitude of counsellors they are established.”*  
(Proverbs 15:22)

**Nathan’s Personal Thought:** Sitting down with a brother in Christ and opening-up about all my fears, concerns, transgressions and questions was one of the hardest things I’ve ever done. Why? Because I had to admit to someone else that I was a sinner and a hypocrite. I had to admit I hadn’t been the man of God I had been called to be. It was incredibly hard and I didn’t know how he would respond or what he would think.

Do you know what he said? He didn’t give the traditional answer of “get in God’s word and pray” and everything will be ok. He said he was a sinner and hypocrite as well. Do you know what happened at that moment? We knew we could trust each other and we knew we could be honest with each other. For years, the thought of taking this very step had kept me pinned down but praise God I found someone who was able to provide me Godly counsel and then Godly friendship.

I want to encourage you to find someone who can do the same for you. If you are a Christian man, then find a Christian brother. If you are a Christian woman, then find a Christian sister. Find someone you can discuss life with—your struggles, your fears, your pain—and who you can be honest and real with. Find someone you can encourage and help. Someone who needs counsel just like you do.

The sooner you start being honest and sincere about things going on in your life, the sooner you will start seeking out God.

**Reflection:**

*Confess:* Do you have anyone in your life who provides you wise counsel without judgment? What's holding you back from being honest and vulnerable with someone?

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*Identify:* When is the last time you had a relationship which provided you wisdom and guidance? What happened to that relationship? Why haven't you sought out another one?

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*Create:* Identify a person who could provide you with wise counsel. Reach out to them and ask them to coffee or to get together.

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**Prayer:** Lord, help me find someone who can provide me Godly counsel. Someone who will build me up and support my efforts to serve You. Someone I can be honest and real with.

# Daily Walk: Day 1

**Scripture:** *“Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.”* (James 4:3)

**Nathan’s Personal Thought:** For years, I went after what I wanted with little or no regard for God’s will in my life. My life from the outside though looked almost perfect. However, when you pulled the curtain back it was definitely not perfect. Internally, I was at “war” with myself and my choices were producing external “wars” in my life.

When this happened do you know what I did? I prayed to God that He would deliver me from my problems. I prayed He would allow me to be successful and make more money. You see, I was totally misusing the greatest tool God had given me—prayer.

But at the time I didn’t think about it that way. When my prayers weren’t answered I started questioning where was God and why wasn’t He answering my prayers. Overtime, I came to realize God wasn’t answering my prayers because they were selfish—I was asking “amiss.” I was only praying for my wants and my needs, I wasn’t praying for God’s will.

I realized I had to change how I prayed. I had to properly use the most powerful tool I’d been given and to do this I had to pray according to God’s word and His will for my life. I challenge you to do the same.

**Reflection:**

*Confess:* What are you praying for and why are you praying for it? Do you consider it to be God's will or something you want/need for yourself?

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*Identify:* How are these actions affecting you and others around you? Why are you asking God to do these things? What should you be praying for which you aren't?

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*Create:* Develop a prayer list which honors God and helps you develop your relationship with Him. Looking for resources on prayer? I highly recommend *"Lord, Teach Me to Pray in 28 Days"* by Kay Arthur and *"Approaching God's Throne—Biblical Protocols for Prayer"* by Harold Vaughan.

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**Prayer:** Lord, as I grow in You, let my prayers be sincere and let my thoughts be pure. Help me to develop my prayer life and use it as a tool to serve You and deepen my relationship with You. Let my prayers be focused on Your will and your word, not my selfish desires.

## Daily Walk: Day 2

**Scripture:** *“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, long-suffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.*

*And above all these things put on charity, which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.*

*And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.” (Colossians 3:12-17)*

**Nathan’s Personal Thought:** WOW! This sounds like a lot of things, right? But there is something really cool going on here. Do you know what it is? God can do all these “things” through us when we are making the choice to do things His way.

How you ask? You see, the closer we get to God the EASIER it gets to implement these “things” into our lives. Through God, we are able to be merciful, kind, humble, meek, patient, forgiving, and we are able to show the love of Christ to others. Without God, we can do these things at times, but we can NOT sustain them.



**Reflection:**

*Confess:* What habits do you have that don't bring you closer to God? Are you willing to develop a habit of getting closer to God?

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*Identify:* What the top 2 things you do to avoid getting closer to God?

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*Create:* Developing a habit takes time and you can either have bad habits or good habits. Make the daily choice to develop the habit of walking with God and applying His word to your life. You will be amazed what happens in your life when you do this!

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**Prayer:** Lord, thank You for forgiving me and thank You for being willing to use me. I pray I will let You have control and I pray I will develop a deeper relationship with You. I want the benefits You promise and I know I can't sustain them on my own.

## Daily Walk: Day 3

**Scripture:** *“And when Saul was come to Jerusalem, he assayed to join himself to the disciples: but they were all afraid of him, and believed not that he was a disciple. But Barnabas took him, and brought him to the apostles, and declared unto them how he had seen the Lord in the way, and that he had spoken to him, and how he had preached boldly at Damascus in the name of Jesus.” (Acts 9:26-27)*

**Nathan’s Personal Thought:** Have you ever walked into a room after you’ve done something wrong? It’s extremely intimidating and unsettling. Why? Because you know everyone knows what you did. Whether they are or not, you automatically assume they are staring at you and talking about you.

Can you imagine what Paul felt like after his conversion? He had come to know the Lord but he had spent years hunting down Christians and killing them. His reputation proceeded him and he wasn’t trusted or liked by other Christians—and rightfully so from an earthly standpoint.

Can you imagine how alone and afraid Paul felt? Have you ever felt alone and afraid? I have and this is why it’s important to be a friend and an encourager. Barnabas was a friend and encourager to Paul.

It took courage from God for Barnabas to put his arm around Paul, befriend him and trust him. I challenge you to be an encourager like Barnabas. Use your relationship with God to help others grow and develop their relationship with God. Be a Barnabas! You never know what someone else is going through.

**Reflection:**

*Confess:* What's holding you back from encouraging others? Do you not feel like you can? Or you do not feel like you should?

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*Identify:* When did someone encourage you when you were struggling? When did you encourage someone when they were struggling? How did things turn out?

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*Create:* Think of someone in your life who needs encouragement. Write out a dialogue of what you might say to them to give them more encouragement. Then consider giving it to them (Caution: Don't be judgmental, be encouraging).

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**Prayer:** Lord, let me be a good steward of my time, let me to listen to others and let me be willing to help others in their time of need. Give me the strength and fortitude to step up and do what's right when it's needed. Let me be a Barnabas.

## Daily Walk: Day 4

**Scripture:** *“O give thanks unto the Lord; for He is good: for His mercy endureth forever.”* (Psalm 106:1)

**Nathan’s Personal Thought:** Have you ever felt the joy of the Lord? I have and words can’t describe the feeling. Want to know the sad part? I still struggle to do things His way. I know if I stay in God’s word and apply His wisdom to my life, I will have the blessings He promises.

The one thing I’ve discovered is the more thankful I am, the easier it becomes to stay in God’s word. Are you thankful for what God has done for you? If not, it’s time to change your attitude and be thankful!

Why? Because God’s word commands it. Psalm 106:1 says “give thanks.” It’s time to stop looking like you have been sucking on lemons and start acting like a child of God. It’s time to start praising His name and telling EVERYONE how good God has been to you.

**Reflection:**

*Confess:* Why don't you have a grateful heart? How often are you thanking God for his goodness? How can you express more gratitude to God?

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*Identify:* Have you ever had a gratitude practice? What was the result of intentionally practicing gratitude to God and others in your life?

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*Create:* Having a grateful heart is a big predictor of happiness. Identify one or two ways you can practice gratitude each day—in your daily prayers, journaling, making a point of telling someone you appreciate them, sending a kind email, etc. Do this for 30 days and write down how it makes you feel.

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**Prayer:** Lord, THANK YOU! Thank You for saving my soul, forgiving me, protecting me, blessing me, and loving me. Help me to change my attitude and develop a grateful heart. Help me to focus on all the things You have done for me and all the things You are going to do for me.

## Daily Walk: Day 5

**Scripture:** *“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” (1 Corinthians 10:13)*

**Nathan’s Personal Thought:** We have all heard the story of Joseph and how he forgave his brothers for selling him into slavery, but have you ever thought about how Joseph was tempted by Potiphar’s Wife? A powerful, beautiful and confident woman tried to get him to sin. So, how did Joseph avoid this temptation?

Simple. He had answered the question before it was ever asked. He had made a choice to live his life for God. You see, before the temptation comes, and it will, you must establish your answer and commit to not changing it. You must establish your answer in advance or there’s no telling what you might do.

Let me encourage you, if you have active sin in your life, remove it. Stop letting it have control over you and stop letting your choices create storms in your life.

**Reflection:**

*Confess:* What are you doing that you shouldn't be doing? What do you have a hard time saying no to?

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*Identify:* What's the root issue with your struggle? Why causes you to say yes to things that are wrong?

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*Create:* Write out your personal “ten commandments”, your manifesto, or your rules for living—what “laws” in your life are unbreakable and unchangeable? What overarching principles help you to live your best life? Consider these your core, unchangeable values.

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**Prayer:** Lord, I need to establish answers before the questions are asked so that I may flee temptation like Joseph did. To have this strength and fortitude, I must get in Your word and develop my relationship with You. Please help me make my relationship with You the top priority in my life.