

## Handling Life Daily Devotionals

Each daily devotional opens with a passage of scripture, followed by my insights related to that scripture. After the insight, you will be asked three questions which are geared to make you consider and reflect. These questions will invite you to **confess, identify,** and **create** solutions to improve your life. Don't overthink these reflections—your first response is often the right one and it's best if you can pick a specific problem or issue and work in that area. At the end of each devotional is a prayer which focuses on the overall theme of the devotional.

Let me encourage you, don't get stuck, don't delay! Just start. Choose an area of your life you want to work on and dig in!

After you have done the first 3-steps, don't forget Steps 4 (**Implement**) and 5 (**Reflect**). Implementation is where the rubber meets the road. It's where you are taking knowledge (God's word) and applying it (God's wisdom) to your life. Then reflection is looking back and making sure your executing it the right way and it's having a Godly outcome.

Lastly, this is a problem-solving approach that is meant to help you to dig in and identify what's causing your issues so you can correct them. These materials are meant to challenge you but not offend you. They are developed out of my own personal story and I felt led by God to develop them and share them with you. At times, things might get uncomfortable or you might feel like you're being judged, but please know, everything I've created is created in God's love in an effort to help you.

*To access these materials, visit [HandlingLife.org/Program](http://HandlingLife.org/Program)*