



## Week 5 1/29-2/4

"I will instruct you and teach you in the way you should go; I will counsel you with my eye on you" Ps. 32:8

Before we can move forward, we may have to let go of something we've been doing awhile. God nudges us outside of our comfort zone to encourage and remind us to rely on Him. When we are feeling stretched and uncomfortable and possibly even experiencing a sense of anxiety, we must trust that He is leading us along the best path for our lives.

### Notes to Self:

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Documented Faith 365 is about making time each day to get into God's word. It doesn't matter what time you do it. What matters is that take time to do it. Personally, I give God the first part of my day and He provides me with time needed during the rest of the day to get done what needs to be done.

**Write It Out** - Use a journal, planner or binder and write out your thoughts and prayers. List concerns and things that you are grateful for. Write out whatever comes to mind to clear out the clutter.

**Be quiet and listen** - Sometimes we feel like we are not doing anything when we are not doing anything but that is not true. Sit quietly.

**Read one verse at a time** and study it instead of reading the next 3 or four verses.

**Be really honest with God** with what is on your heart. (he already knows, He just wants to hear from you)

God promises to bless my life if I meet with Him daily. The following are just a few of the 7000 promises in the Bible. Take time this week to read the following and look up the verses referenced.

1. "I am the Lord your God, who teaches you what is best for you, who directs you in the way you should go" Isaiah 48:17
2. "Obey me, and I will be your God and you will be my people. Walk in all the ways I command you, that it may go well with you" Jeremiah 7:23
3. Commit all that you do to Me and your plans will be successful. Proverbs 16:3
4. If you persist and do My will, you will receive what I have promised. Hebrews 10:36