

SpirituallyHungry.com  
Presents:



# 30 Day Quiet Time Challenge

# Welcome to Spiritually Hungry's Quiet Time Challenge

Quiet time is a common phrase in Christian circles, but what does it really mean? Simply put, quiet time is intentional time set aside for one's relationship with God. It's purpose is to seek God's presence and grow closer to Him through prayer, Bible study or other means of connection.

The fruit of quiet time is to help in centering yourself around God and nothing else. As a result, this practice has a grounding effect. Do you remember the words of Jesus in Matthew 7?

24 "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. 25 The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. 26 But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. 27 The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

When you intentionally turn to God, you indeed are building your foundation on the firm ground. For when we go about things in our own strength, through our own guidance, we unwittingly build our lives on shifting sand.

**The goal of quiet time is not to "do quiet time", but to meet God and renew your strength and relationship with and through Him.** It's an intentional decision to build your day on God's strength, not your own.

For most people, it is best to have quiet time at the very beginning of the day. Why? Because starting off with God is the best way to ensure your day is found on the firmest of foundations. When you start with God, you are reminded to return to God through out the day, because His presence is always with His people.

The wonderful privilege we, as Christians, have is access to God's presence. This was made available through the sacrificial offering of Jesus Christ to atone for our sins and glorify His Father. The presence of God isn't a shifting thing in our lives, it is always with us. Our job is simple, turn to Him and become aware that God is always with you. This is realized when we take on disciplines, such as quiet time, to help focus our attention on God and not our ever so changing circumstances.

Of course, you are welcome to take this Challenge whatever time of day best suits you, but we do recommend to do this in the morning to get your day off on the right foot with your focus on God.

**In this Challenge, you'll find:**

**An Entrance Worksheet:**

The questions in this worksheet will help you process how you presently think about quiet time and your relationship with God.

**The 31 Day Challenge:**

Each day, you'll be provided with Scripture to read through. We felt led to do passages solely from Isaiah, which is powerful book about the magnitude, goodness and mercy of God.

You'll also receive a devotional to help you process your reading and turn to God in prayer about the truth you've received in Scripture.

**An Exit Worksheet:**

After completing the worksheet, you'll be asked to complete a final worksheet to process the Challenge, and to give you some ideas for moving forward with continuing your quiet time.

If you follow this Challenge, we believe you'll come out the other side with a profoundly new appreciation of God and the wonderful and good desires He has for your relationship with Him. Can you imagine how your life might look differently if you were able to see God's presence with you in all circumstances? That's our hope for you in taking this Challenge!

## **Entrance Worksheet**

#1 Why are you taking this Challenge?

#2 What do you hope to get out of this Challenge?

#3 What would you like to be different in your understanding and practice of quiet time?

#4 What do you envision the fruit of quiet time with God would look like for you?

#5 How do you see the God's presence in your life currently?

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## Day 1

**Today's Scripture: Isaiah 55:6**

Seek the LORD while he may be found; call on him while he is near.

**Devotional:**

The Lord indeed is near and resides in every Christian. This amazing privilege was given at a great cost, the innocent death of the King Jesus Christ. Because of Christ's sacrificial offering, you are rectified to God and He is with you right now.

Since this is the first day of the Challenge, spend some moments with the Lord reflecting on the unbelievable reality that is offered to you every moment of your day: His presence with you. The more you grow into this truth and reality, the more your life is transformed.

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## Day 2

**Today's Scripture: Isaiah 9:6**

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

**Devotional:**

A child was born and lived a life like nothing anyone has ever seen before. It is because of this life that we have life. Jesus has been called many things, including those titles mentioned in the Scripture above. Take some time and reflect on what those titles mean and how they may speak truth to you this day.

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## Day 3

**Today's Scripture: Isaiah 40:28**

Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.

### **Devotional:**

Unlike humanity, God does not need rest. He is endlessly patient and it is in this patience grace is found. For if God was not patient and kind, humanity would have not existed after Adam and Eve ate from the forbidden tree. God could have chosen to wipe out humanity with Adam and Eve when they disobeyed Him. It is because of God's goodness and mercy He did not. God had a plan to restore His creation and bring them back to Him through the sacrifice of Jesus Christ.

"Have you not heard? Do you not know? The LORD is the everlasting God." May this guiding truth rock your world today.

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## Day 4

**Today's Scripture: Isaiah 48:17**

This is what the LORD says – your Redeemer, the Holy One of Israel: "I am the LORD your God, who teaches you what is best for you, who directs you in the way you should go."

### **Devotional:**

Do you trust God's direction? Often times, we humans lose our way, thinking what we see is reality. In fact, our perspective is from a limited vantage point. Very limited. God can see everything and knows how all things will turn out. When we turn to Him, He provides direction on how to navigate through life from our limited perspective.

Trust is essential in following God. How well do you trust God's guidance? Take some time reflecting on your practice of trusting God.

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## Day 5

**Today's Scripture: Isaiah 40:31**

But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

### **Devotional:**

Ever wonder how the heroes, Paul, David, Stephen, Moses and the others of the Bible were so heroic? What was so special about them? How could they undergo all they endured? How did they accomplish so much for the Lord's name? The answer is found here in our Scripture passage for today. Take a moment a reread the verse above and think about the heroes of the Bible as you read.

The answer is simple, yet complex and difficult. They put their hope and trust in the Lord. It is through their undying perseverance they became the giants of our faith. They intimately knew God and loved Him more than anything else. Sure, we see them fall, but we also see them return to the Lord and carry on through His power.

You have that same reality available to you. When you seek the Lord, when you hope in Him, your life is transformed. You do not grow weary, you will not get tired because all of your strength comes from the endless pool of life which is God. Spend some time talking to God about this amazing gift He is offering you.

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## Day 6

**Today's Scripture: Isaiah 29:13**

The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught."

### **Devotional:**

Humanity has a tendency to lose their focus, it is our innate default position. We did it in the Garden, we did it in the desert, we did it as a tribe, we did it when Christ came, and we have done it in the life after Christ's arrival. We lose our focus so easily. We

construct idols or get lost in rules and procedures. While God has an established way of living, what He really calls you to is intimacy with Him.

When we focus on anything other than turning our hearts to God and listening to what His Spirit says to us, we lose our focus. Is there anything that may be occupying your attention today that has take your attention from God? Remember it is God that is the only remedy to your problems, concerns or thoughts. Life lived with Him truly at the center of your life is transformational.

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## Day 7

**Today's Scripture: Isaiah 44:24**

"This is what the LORD says – your Redeemer, who formed you in the womb: I am the LORD, who has made all things, who alone stretched out the heavens, who spread out the earth by myself,"

### **Devotional:**

The Lord Himself has created you. He knows you so deeply and intimately. He knows you better than you know yourself. The love God has for you is overwhelming and immensely deep. Sometimes we confuse God's love with worldly love, which is a mockery of God's love. While the worldly love looks good, it can never lead to redemption and freedom.

God offers you His endless, healing love today and every day. Take a look at 1 Corinthians 13 for what God's love looks like and imagine yourself embracing that love God has for you. For this love is not like what the world offers us.

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## Day 8

**Today's Scripture: Isaiah 53:5**

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

### **Devotional:**



Speaking of the perfect love of God that we looked to yesterday, it is found again through the unbelievable sacrifice of Jesus. God's love is found immeasurably in Jesus life, death and resurrection. Because Jesus died for our sins, we again are rectified to God. We have God walking with us again on this earth. While we are not in heaven yet, God has brought a piece of Heaven to us here in this broken world. This is love.

Imagine for a few minutes what your life would look like if your grew deeper into the reality of how much God loves you. How would your life look different? Would you look different? Respond to situations differently? Would it change you?

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## Day 9

**Today's Scripture: Isaiah 61:10**

I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.

### **Devotional:**

Because of Jesus' sacrifice, we have become clean and pure through His shed blood. You are a beautiful creation and God loves you immensely. He cares deeply for you and wants you to be whole and fulfilled. It is only through Him that true fulfillment comes. It takes time, disciple and dedication.

How fulfilled do you feel today? Are you seeking for more contentment, more peace, more joy? Well, those are offered to you by the King of kings who has bought you with his precious blood. Speak with God about your desires and how He can help you in your intentions.

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## Day 10

**Today's Scripture: Isaiah 43:1**

But now, this is what the LORD says – he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine."

## **Devotional:**

You are the Lord's. He calls you by your name and sees you as good. It is not because of anything you have done, but what Jesus Christ did 2,000 years ago on that dark Friday. By deciding to follow the life of Jesus, you become new. Your life has been transformed and will continue to be transformed as you walk closer and closer with Him. We want you to stop today and think about what may be distractions on your journey with God. Is it fear? Is it worry? Is it depression or feelings of worthlessness? Is it impatience? Lack of contentment? What may be getting in your way of transformation? Speak with Jesus about road blocks on your journey and ask Him to help lovingly remove them, because you are His.

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## **Day 11**

### **Today's Scripture: Isaiah 54:17**

No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the LORD, and this is their vindication from me," declares the LORD."

## **Devotional:**

Sometimes this doesn't feel so true, does it? This world is really tough and cruel. The world doesn't care about the pain you have endured. The life you have been dealt. It doesn't care because it's too preoccupied with itself. Rejection is found in abundance. Pain is around every corner. This is the world we live in. The hope that is found in this reality is that Jesus Christ lived in the same hostile world. He too was rejected, despised and ended up being killed. And on that somber Saturday when the remainder of His disciples were left grieving, God was at work. "Because no weapon formed against you will prevail." And no weapon formed against Jesus prevailed. Sure, Jesus endured what He endured for our sake and God's glory, but He was the victor.

Maybe you have seen a lot of terrible things, and when we experience tough things, it's hard to read passages like this because we can't rectify our experience to God's truth. But be not mistaken, it is truth. While you may have experienced something horrible, your story doesn't end there. God offers you His grace, peace and love. He is a God of redemption. He will turn that darkness into perfect light.

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## Day 12

**Today's Scripture: Isaiah 55:8**

"For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD.

**Devotional:**

And is it not a good thing? Review your innate thoughts, your natural reactions to situations. Try to remember back, if you can, before your life following God. Take a look at the world around you and how they respond and think. Think about the people who are not followers of God. The world's nature is not holy nor redemptive, but God's nature is. That is why it is so important to be tethered to God's thoughts and directives, because they are the only true compass in life.

Spend some time speaking with the Lord about how He views things, how He thinks about things. If you are brave and willing, ask Him to help shape your thoughts to be like His and watch your life drastically change.

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## Day 13

**Today's Scripture: Isaiah 46:9**

Remember the former things, those of long ago; I am God, and there is no other; I am God, and there is none like me.

**Devotional:**

How often do we look to the past? We love to recount our favorite memories, share funny stories from our past, or think about the days of our youth. As humans, we love to look back. And there's nothing wrong with looking back; it helps us remember where we came from and bask in the memories. But it is a problem when we live in the past and not the present with God.

God is good and God is loving and He offers you life and life to the fullest. The things that may hold you up, the past sins of your life, well, they are not recounted with God. They are not held against you, because you are a new creation and you are seen through Jesus' sacrifice. You are clean and free to run into God's loving arms. What

might be holding you back today from God's perfect love? Is there something in your life that makes you feel unclean or dirty? Bring it to God today and allow Him to bring the healing you need, because there is none like Him.

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## Day 14

**Today's Scripture: Isaiah 43:2**

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

### **Devotional:**

Whatever you may be facing today, know that God is bigger. While it may seem like the rivers are rising and will consume you, trust in the Lord and know you will prevail through His guidance, strength and love. God is always offering you His power if you lean into Him and trust Him.

By linking up with God you take on His gifts which enable you to face the most impossible situations just like Jesus Christ. God is fully capable of leading you through the raging rivers. Speak with the Lord about how this reality can be realized in your life.

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## Day 15

**Today's Scripture: Isaiah 41:10**

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

### **Devotional:**

With God there is no fear, for we are God's. Often times, we confuse language in the Bible. When we read things like "fear God", it's natural to think of fear as "being afraid", but that is not the case. When fearing God is mentioned in the Bible it is not referencing being scared of God, but rather having reverence and respect for God. For with God there is no fear, nothing to be afraid of.

God is your companion in life; He is with you to have a relationship with you so that you can become the creation He intended you to be, which is the best thing for you. God is offering you His strength and help, all you need to do is stay close to Him. Staying close to Him is accomplished by constantly reminding yourself that God is with you, He loves you and He is trustworthy. When your thoughts drift and you find yourself worrying, quietly return to the awareness that God is with you and capable of much.

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## Day 16

**Today's Scripture: Isaiah 53:6**

We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all.

**Devotional:**

We have a tendency to lose our way and get lost. We wander off so easily. Walking off looks like losing our focus on God to focus on our situation, life, tasks, work, family, etc. Sure, we all have responsibilities, but those responsibilities cannot outweigh our awareness of God's presence and guidance in our lives. For when those things replace our focus on God, we become confused, self-guided and lost.

God is constantly offering us the solution to our lives, and that is Himself. Learn to turn to Him with everything. Life will look the same, but your inner self will be rooted in a firm foundation. You will bask in God's gifts which are joy, peace, love, faithfulness, self-control, goodness, patience, gentleness and kindness.

Can you imagine living your life with these virtues? How might your life look different living in God's gifts? Spend some time thinking about the things that cause you the most stress and worry. Think about what your natural reaction to these situations are? Now imagine if your inner self had the gifts of God resonating through you. Speak with the Lord about what you uncover.

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## Day 17

**Today's Scripture: Isaiah 33:22**

For the LORD is our judge, the LORD is our lawgiver, the LORD is our king; it is he who will save us.

### **Devotional:**

We have no hope without God. Life doesn't make sense. Death and pain happens and there is no hope. Without God, this life is endlessly bleak with everything depending on us. The Lord is our rescue; the Lord is guide.

Understanding the world in this context enables us to place our focus and attention on the only One who can truly help us and restore us. For it is God who gives us life. Spend some time today speaking with God about His role in your life.

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## **Day 18**

### **Today's Scripture: Isaiah 6:8**

Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"

### **Devotional:**

By becoming close to God, you become a better creation: a person more like Christ. But that is not the only function of turning to God. God wants all of us who follow Him to share the Good News with all around. The Good News is His work in your life. You are living breathing testimony of God's goodness, love and grace. Testimonies are not just reserved for conversion stories, but any time you turn from sin to God through His power.

As you become a new creation in Christ, take on His life of going forth and spreading the Good News of God. We all have much to say about God that the world desperately needs. How might you be part of God's plan of redemption? Spend some time talking to God about sharing with others His work in your life.

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## **Day 19**

### **Today's Scripture: Isaiah 6:3**

And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory."

### **Devotional:**

God's holiness is something that sometimes keeps people away from Him. They fear they are not good enough, or are too bad to approach the Holy God. While it seems like logical thought, it is not truth, for while we were still sinners Jesus Christ came to this world, made friends with humanity and died for our sins and for the glory of God. We learn through Jesus' life and ministry that God is approachable and good.

While God indeed is holy, He also too is approachable and yearns for your heart. He paid a lot to be in relationship with you and knows how valuable His presence is in your life. Spend time today speaking with God about His holiness and goodness and celebrate the God who died to bring you back to Him.

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## Day 20

**Today's Scripture: Isaiah 1:18**

"Come now, let us reason together," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool."

### **Devotional:**

Do you realize you are clean? That you are restored? And that you are free? This is what Jesus Christ bought with His precious blood on that Cross 2,000 years ago. Sure, you still make mistakes and sin, and no, you don't act perfect. But that's not how God sees you. He sees you through the perfection of Christ. When you sin, His presence does not leave you or forsake you. You do not have to atone for your sins like the people of the Old Testament. There is no sacrifice you can offer, because Jesus paid it all.

Of course, God wants you to be a new creation and He is helping you to achieve that goal through constantly returning to Him after you make mistakes or sin. This is the new covenant we are in, the grace covenant. It is important for us to confess our sins to God as it helps us become more like Jesus. While Jesus never sinned, He constantly lived in the presence of God while on this earth and all of His strength came from God.

Yes, you may feel really bad and want to hide when you mess up, but God's hands are always open and ready for you to come running into his safe, big arms. Don't flee from Him when you sin, instead run to the only One who can restore you. Take some time today thinking about how you respond when you screw up. Think about how long it takes you to return to God. Discuss with God what you uncovered about yourself and your relationship with Him.

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## Day 21

**Today's Scripture: Isaiah 53:3**

He was despised and rejected by others, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem.

### **Devotional:**

Have you ever spent time intentionally looking at the life of Jesus through His suffering? His whole life, not just the Cross. Jesus' life is described in one lens as a life of suffering. Jesus suffered for no wrong doing on His own, but the problem of this world which is sin and separation from God.

While Jesus came to bring life and to the fullest, people hated what Jesus had to say. They wanted Him for His miracles, but not for His teachings. Read what John recorded happened to Jesus in the 6th chapter of his gospel:

*60 On hearing it, many of his disciples said, "This is a hard teaching. Who can accept it?" 66 From this time many of his disciples turned back and no longer followed him.*

When Jesus' message become more intimate and disciplined, people turned there backs and said they didn't want this part of Jesus.

We want you to take a moment reflecting on Jesus' life and ministry. Is there any part of Jesus that you don't want a part of? Remember Jesus calls all of us to a life pursuing God above everything else, a life that leads to death of self, but resurrection of a new restored self. Following Jesus is no easy task and requires a lot of self discipline and utter reliance on God. Do you want Jesus for what Jesus can do for you or do you want Jesus for something much more? Talk to God about what you want.

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## Day 22

**Today's Scripture: Isaiah 53:7**

He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth.



## **Devotional:**

It always impresses Aaron and I profoundly when we meditate on Jesus' sacrifice. Not only did He leave perfection, the perfect union with God to come and be one of us-humans, He atoned for all of humanity's sins quietly and heroically.

How often do we humans complain, even kick and scream, when suffering comes our way. We cry out "why!" "How could this happen" and "where are you God?" We often look at suffering as something God is doing to us and it feels unfair.

It is unfair, because this world isn't the world we were created to live in. The world we were created to live in was perfection, Eden. However our ancestors decided to eat from the forbidden tree and allow sin to enter the world.

Because God is so amazingly grace-filled and loving, He enacted a plan of redemption. That redemption all pointed to His Son Jesus Christ. It was incredibly unfair that Jesus had to endure something that He was not guilty of, but He did this to bring us back to Him and to glorify God. This was the ultimate suffering, done quietly and lovingly.

How often do you think of Jesus when you face trials or suffering? Next time pain comes your way, we ask you to sink your mind and heart into the unbelievable sacrifice Jesus gave for you. It will help you find comfort and a relatable God, who understands exactly how you feel. Spend some time today speaking with God about your understanding of suffering and how might Jesus help you embrace pain through His strength and love.

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## **Day 23**

**Today's Scripture: Isaiah 40:8**

"The grass withers and the flowers fall, but the word of our God endures forever."

## **Devotional:**

What God says is true and withstands everything else. The word of God is powerful, healing and has a profound magnitude. While the world around you is constantly changing, shifting, God is stable and everlasting.

How has God's word molded you? How has it brought you closer to Him? Spend some time reflecting on your favorite Scriptures and connecting why they are important to you and how they have helped you and your relationship with God, turn to God with what you discovered.

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## Day 24

**Today's Scripture: Isaiah 45:18**

For this is what the LORD says – he who created the heavens, he is God; he who fashioned and made the earth, he founded it; he did not create it to be empty, but formed it to be inhabited – he says: "I am the LORD, and there is no other."

### **Devotional:**

God is the Creator of all things, both seen and unseen. This beautiful world is the work of His hands, both nature and humanity. Often times, we have a hard time seeing to image of God in humanity, for humans can be very rough and ungodlike. But it is true that God has created everyone and everything. Do you have a hard time seeing God's image in other human beings? If so, why do you struggle with that? Spend some time thinking about how you view humanity and bring what you think before the Lord.

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## Day 25

**Today's Scripture: Isaiah 2:22**

Stop trusting in human beings, who have but a breath in their nostrils. Why hold them in esteem?

### **Devotional:**

How much faith do you put into other people? Do you find yourself trusting in democracies? Organizations? Nations? Institutions? Friends? Leaders?

While humanity is formed by God, it is not God. What is wise in humanity's mind is foolish in God's. Yes, God can and does speak through His people, but it is Him who we trust, not the mouthpiece. Humans come and go and do not live eternally, but it is the Lord who never ends, and His Word never fails.

Spend some time today thinking about where you truly put your trust and hope. Are you dependent on people to do the right thing, or do you trust that the Lord has a plan and is unchange even if it doesn't seem like things are going the way you think they should? Speak with God about what you uncover.

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## Day 26

**Today's Scripture: Isaiah 44:6**

"This is what the LORD says – Israel's King and Redeemer, the LORD Almighty: I am the first and I am the last; apart from me there is no God."

### **Devotional:**

Humanity has constantly constructed their own gods. In the Old Testament, they often made idols of gods from precious metals. Other people groups have worshipped gods of weather and nature. You can look back through all of history and see people worshipping many different gods.

We often have the tendency to think of those people as “pagan”, or those who worship other gods, but we all are guilty of it. Currently, we find that people worship lots of material items too, like jobs, status symbols, and money. Those too are more easy to identify, but how about the worship of self? It is a true epidemic and one that began way back with Adam and Eve in the Garden when they wanted to be just like God.

Wanting to be like God is part of our sin-state and something that we need to constantly be addressing. While we are called to be like God, we are not called to be a god. The Christian walk with God is a journey where God is taking us by the hand and helping us slowly die to ourselves to take on His nature for our good and the good of others.

Take a few minutes and reflect on what may hold your attention more than that of God. This can be tricky and it may be things that are good, like your family, your goals, your health, etc. While those things are very important they need to fall in line under God being the Lord of your life. When that happens, your life opens up to a whole new level of peace, joy and contentment. Talk with God about what you discover.

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## Day 27

**Today's Scripture: Isaiah 2:2**

In the last days the mountain of the LORD's temple will be established as the highest of the mountains; it will be exalted above the hills, and all nations will stream to it.

### **Devotional:**

Because Christ died on the Cross and was resurrected, we now have the ability to have the Holy Spirit dwelling within us, each of us who have decided to follow Christ. God's temple is now within His people, within you. You are a dwelling place for the Lord on this earth, along with all other believers. God's presence and message is magnified when you allow Him to shine through you and your actions and words.

How are you currently taking up the task of being an evangelist for the Lord? "Evangelist" sometimes has a narrow understanding, but it is simply one who shares the Good News. We all have the ability to share God's Good News to all around. If you pay attention to the prompting of the Holy Spirit, God will guide you on sharing His works to those you encounter in real-life giving ways, just like Jesus did.

Our faith isn't just for us, but for all who desperately need to hear the hope and goodness of God. Any time you speak in God's name, you are evangelizing; you are spreading the Good News. We all need to be reminded, or even learn of, God's grace and love so all the nations will stream to it. Spend some time talking with God about how you are a conduit to His plan of redemption. Ask Him to help you find ways to share how He has changed your life in ways that are unique and true to you.

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## Day 28

**Today's Scripture: Isaiah 40:11**

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

**Devotional:**

Jesus is the Good Shepherd. He is immensely interested in you and your wellbeing. A good shepherd is one who keeps their flock safe and always knows where the sheep are. God, too, always knows where you are. He knows what you need and He is ready to provide - all you have to do is listen and follow.

Jesus carries you close to His heart and leads you gently, as Isaiah reminds us. Where might Jesus be leading you to? Spend some time talking to Him about where He wants to take you, for He is a very good shepherd!

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## Day 29

**Today's Scripture: Isaiah 55:1**

"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost."

**Devotional:**

Following Jesus is offered to anyone who hears and responds to the invitation of a new life - a life lived with God providing all we need. Life often deals us bad hands: sometimes we struggle financially and other times we face immense struggles with hardships and pain. While the world expects people to pick themselves up on their own, God never expects this from us, nor wants us to operate in that mind-frame.

God's arms are open wide to all regardless of what they have done or seen. He is big enough to handle all you bring to Him, but you must bring it to Him. Often times, Christians envision coming to God at their conversion, but it doesn't end there. Turning to God is a constant action, for we are like sheep that wander off so easily.

Where might you be wandering off today? If you find yourself spiritually thirsty or hungry today, that is your indication that you are in need of more God in your life. Spend some time reflecting on where God's presence in your life is need and turn to Him with what you find. God is looking to provide you with all you need.

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## Day 30 - Final Reflection

**Today's Scripture: Isaiah 45:22**

"Turn to me and be saved, all you ends of the earth; for I am God, and there is no other."

**Devotional:**

There is no other than God! He is our only hope and our only source of true life and meaning. To be saved doesn't just mean life eternally in Heaven, but also a new life here and now on earth. God is always offering you His presence while living in this broken realm and that is the Good News. You are not alone, for the God who created everything you see, including you, and saved this world is residing in your heart right now.

How well do you live in this reality? How well do you understand this amazing truth? God has not left you alone to figure out this hard, complex and painful world alone. He has provided you with His Spirit and that Spirit is always willing and wanting to guide and navigate you through these tough waters.

Turn to God and speak with Him about how your life would look different walking deeper into the reality that God is always with you. Ask Him to help you grow deeper into this unbelievable reality, for He will because this is what He desires from you - a deep relationship!

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## Thank You

We hope your month was an amazing one, where you did grow closer to God. It is through devotion and discipline we draw closer to God. To be a disciple means to be disciplined and that is just what you accomplished this month.

It is our hope that you carry forth from this Challenge continuing practicing Quiet Time. Starting your day off with God is the best way to start any day and equips you to handle whatever the world throws at you. We pray that your life has been transformed by turning to God in this way.

We have tons of other resources at [spirituallyhungry.com](http://spirituallyhungry.com) to help you connect to God in new and exciting ways.

Thanks for taking the Challenge and we hope to see you over at our site soon!

*(Exit Worksheet On Next Page)*

## **Exit Worksheet**

#1 Now that you've finished this Challenge, what was the practice of Quiet Time like for you?

#2 How might you incorporate more Quiet Time into your daily routine?

#3 Did you notice anything change during your day, by practicing Quiet Time, example: find yourself reacting differently; more aware of God's presence with you all day, and so forth?

#4 What are some of the ways that you have seen God's presence manifest in your own life?

#5 What are areas where you need to recognize more of God's presence in your life?

#6 Are there images in your mind that help you better visualize the powerful nature of God's presence?

#7 Was there a favorite piece of Scripture that you read during this Challenge? You might consider revisiting it and memorizing it.