



Faithfulness In God's Presence

For the next seven days dedicate five minutes a day to be in the presence of God. The goal is to grow in faithfulness by being with God and reflecting on His word. Use the guide below to help you structure your time.

- Pick a place: Choose a "sacred space" — a specific chair, on the porch, or even the parked car. The space should be quiet, comfortable and as distraction-free as possible. The physical location helps signal to the brain that it is time to shift gears.
- Set a Timer: Using a timer prevents "clock-watching" and allows for full immersion in the moment.
- Start with Breath: Taking three deep breaths to begin the five minutes helps regulate the nervous system and creates a physical transition into a spiritual state.
- Reject Perfection: Some days will feel "distracted." That doesn't mean the time was wasted; the act of showing up is itself an expression of faith. When your mind wanders, refocus it.
- Silence or turn off your devices
- Have paper and a pen or pencil.

DAY 1:

Read Lamentations 3:22-24 three to five times slowly. Reflect on the passage.

22 The steadfast love of the LORD never ceases; His mercies never come to an end; 23 they are new every morning; great is Your faithfulness. 24 "The LORD is my portion," says my soul, "therefore I will hope in Him." (ESV)

Spend time reflecting on these verses, then answer the following questions with God as your conversation partner.

- What is the connection between God's steadfast love (lovingkindness), mercies, and faithfulness?
- How has God demonstrated His faithfulness towards you?
- How does the faithfulness of God give you hope?

Address your answers to God (e.g. God, You have been faithful...)

DAY 2:

Read Genesis 32:9-12 three to five times slowly. Reflect on the passage.

9 And Jacob said, "O God of my father Abraham and God of my father Isaac, O LORD who said to me, 'Return to your country and to your kindred, that I may do you good,' 10 I am not worthy of the least of all the deeds of steadfast love and all the faithfulness that You have shown to your servant, for with only my staff I crossed this Jordan, and now I have become two camps. 11 Please deliver me from the hand of my brother, from the hand of Esau, for I fear him, that he may come and attack me, the mothers with the children. 12 But You said, 'I will surely do you good, and make your offspring as the sand of the sea, which cannot be numbered for multitude.' " (ESV)

- What does this passage teach you about God's faithfulness?
- How have you seen God make good on His promises to you even though you have been unworthy?
- How do you feel knowing that God's faithfulness is not based on you, but on who He is?

DAY 3:

Read 2 Timothy 2:11-13 three to five times slowly. Reflect on the passage.

11 It is a trustworthy statement: For if we died with Him, we will also live with Him; 12 If we endure, we will also reign with Him; If we deny Him, He also will deny us; 13 If we are faithless, He remains faithful, for He cannot deny Himself.

- How do you see God's faithfulness? How should this passage affect your view of God's faithfulness?
- Where have you felt faithless, inconsistent, or spiritually distracted?
- How does it feel to know God doesn't pull away when you do?

Day 4:

Read Genesis 28:13-15 three to five times slowly. Reflect on the passage.

13 And behold, the LORD stood above it and said, "I am the LORD, the God of your father Abraham and the God of Isaac; the land on which you lie, I will give it to you and to your descendants. 14 "Your descendants will also be like the dust of the earth, and you will spread out to the west and to the east and to the north and to the south; and in you and in your descendants shall all the families of the earth be blessed. 15 "Behold, I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you." (NASB)

- Where do you relate to Jacob's story — running, hiding, hustling, pretending?
- How would you be different if you truly believed God was actively looking out for your future?
- What promises of God do you need to cling to right now?

Day 5:

Read Genesis 32:9-12 three to five times slowly. Reflect on the passage.

9 Jacob said, "O God of my father Abraham and God of my father Isaac, O LORD, who said to me, 'Return to your country and to your relatives, and I will prosper you,' 10 I am unworthy of all the lovingkindness and of all the faithfulness which You have shown to Your servant; for with my staff only I crossed this Jordan, and now I have become two companies. 11 "Deliver me, I pray, from the hand of my brother, from the hand of Esau; for I fear him, that he will come and attack me and the mothers with the children. 12 "For You said, 'I will surely prosper you and make your descendants as the sand of the sea, which is too great to be numbered.'" (NASB)

- How has God shown up for you even when you didn't deserve it?
- How does Jacob's story encourage you?
- How does shifting your focus from "what God can do for my story" to "how I can fit into God's story" impact your spiritual life?

Day 6:

Read the selected verses from Matthew 25 three to five times slowly. Reflect on the passage.

20 "The one who had received the five talents came up and brought five more talents, saying, 'Master, you entrusted five talents to me. See, I have gained five more talents.' 21 "His master said to him, 'Well done, good and faithful slave. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master.' 24 "And the one also who had received the one talent came up and said, 'Master, I knew you to be a hard man, reaping where you did not sow and gathering where you scattered no seed. 25 'And I was afraid, and went away and hid your talent in the ground. See, you have what is yours.' 26 "But his master answered and said to him, 'You wicked, lazy slave, you knew that I reap where I did not sow and gather where I scattered no seed. 27 'Then you ought to have put my money in the bank, and on my arrival I would have received my money back with interest. 28 'Therefore take away the talent from him, and give it to the one who has the ten talents.'

- What talents, resources, and responsibilities has God given you right now?
- What consistent steps can you take today to steward them better?
- Who benefits if you become more dependable?

Day 7

Read the selected passages from 2 Chronicles 31 & 32 three to five times slowly.

11 Then Hezekiah commanded them to prepare rooms in the house of the LORD, and they prepared them. 12 They faithfully brought in the contributions and the tithes and the consecrated things... 20 Thus Hezekiah did throughout all Judah; and he did what was good, right and true before the LORD his God. 21 Every work which he began in the service of the house of God in law and in commandment, seeking his God, he did with all his heart and prospered. 1 After these acts of faithfulness Sennacherib king of Assyria came and invaded Judah and besieged the fortified cities, and thought to break into them for himself.

- What challenges are currently testing your faithfulness?
- How are you acting like a thermometer (matching other's energy) vs. a thermostat (setting a godly tone)?
- What does Hezekiah teach you about faithfulness?