



**Nancy DeMoss Wolgemuth invites women to take a 30-day challenge to consistently spend devotional time with the Lord. This journal offers a 30-day Scripture reading guide and prompts for application and prayer.**

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## From My Heart to Yours

I've often said that if I could share just one message, it would be on the value and importance of a personal devotional life.

For sure, there are other vital truths that need to be communicated—I've addressed many of these over the course of decades of ministry. But I've always believed that the most helpful thing I could do for the women I serve is to get them into Scripture for themselves. That's because I'm convinced that if you and I are consistently getting to know God and His ways through His Word, He will show us everything we need to know in order to deal with our most thorny, perplexing problems and to live godly, fruitful, blessed lives.

That conviction is what motivated me to write my first book, *A Place of Quiet Rest*. And what a great joy it has been in the twenty-five years since its initial release, to see how the Lord has used this message to draw readers into a more vibrant relationship with Him.

### A 30-Day Challenge

Over the years, I've been encouraged to discover how hungry many believers are for a more consistent, meaningful devotional life. But I've also

seen that most people feel overwhelmed with their existing schedule. Or they're just not sure how to get started—they need a jump start to help them develop the habit of carving out time in their day to spend alone with the Lord.

One of the most practical means I have found to accomplish that goal is a simple 30-Day Challenge. Rather than asking people to make a lifetime commitment to have a daily quiet time (a lofty aspiration, but one they may not keep for long), I've challenged them to begin by making a commitment to *spend some time alone with God in His Word and in prayer, every day, for the next thirty days.*

I've extended this challenge to thousands of women and have been thrilled to see how God has used it to make a world of difference in the lives of tired, needy believers who want to know God in a more intimate way. Here are some of the kinds of comments I've received from those who have taken the 30-Day Challenge:

*A truly phenomenal experience . . .*

*My life has been beautifully transformed . . .*

*When I started, 15 minutes seemed too long, but now two hours isn't long enough! . . .*

*It's been more than 30 days, and I don't want to stop! . . .*

*I've been revived! . . .*

The whole idea of a daily devotional life may be new to you. Or perhaps you've started—and quit—and started again, only to quit again—maybe many times. Or you may already be enjoying a consistent time alone with God each day. Wherever you are, I want to encourage you to go further . . . to press deeper into an intimate relationship with God.

Over the years, whenever I've spoken on the devotional life, I've closed my message by asking this question: "How many of you would be honest enough to admit that you do *not* currently have a consistent personal devotional life?" I've asked this question scores of times—with groups of lay people, Bible study leaders, and full-time Christian workers. And invariably, 80 to 90 percent of those in the room raise their hand, acknowledging that they are not currently having a regular quiet time.

I have followed that question by inviting people to take the 30-Day Challenge. What a joy it has been to see many thousands of people stand to their feet, signifying their commitment to *spend some time alone with the Lord each day—for the next thirty days*.

## A Personal Invitation

If you've not been enjoying a consistent devotional time with the Lord, the 30-Day Challenge may be just the place for you to start—or to get started again.

You may wonder how you can possibly add “one more thing” to your already over-crowded schedule. Let me assure you that if you will make knowing God your number one priority, He will show you how to fit everything into your day that is on *His* “to-do” list for you.

Setting aside time alone with the Lord each day has become an absolute necessity for me; there is no richer blessing in my life. That doesn't mean it's always easy—in fact, virtually every day I deal with distractions, excuses, and misplaced priorities that would keep me from the “one thing” that matters most (Psalm 27:4). But I've determined that this is a battle worth waging, because I know I cannot be the woman God made me to be—nor can *you*—apart from time spent each day in His presence.

This journal is your invitation to take the first step. Are you ready to get started? If so, I'd encourage you to sign on the next page as an expression of your commitment to the Lord.





By God's grace, out of a desire to know Him more intimately, I purpose to spend some time alone with the Lord in the Word and in prayer, every day for the next thirty days.

Signed \_\_\_\_\_

Date \_\_\_\_\_



Once you've made this commitment, expect that some days you may not have the desire to keep it. Remember that as you choose to feed your soul, your spiritual hunger will grow. Some days you may not seem to be able to find the time to follow through. But if you miss a day, *don't give up!* Simply determine by God's grace to press on. Also, consider reaching out to a friend letting them know that you have committed to this step in developing a daily devotional time and ask that they pray for you. Telling someone else about your commitment can help provide additional accountability and encouragement to see it through.

My prayer is that the 30-Day Challenge will become a lifelong pattern and priority of seeking the Lord every day for the rest of your life, and that your life will bear the sweet fruit of an every-growing love relationship with Him.

Seeking Him with you,

# How to Use This Journal

The purpose of this resource is to help you develop a more intimate and consistent relationship with the Lord. As was the practice of Jesus, as well as biblical characters like Moses, Joshua, David, and Daniel, I would encourage you, if possible, to meet God early in the day—while it is relatively quiet and your mind is free from distractions. Whatever the time of day, find a solitary place and make sure you have your Bible and a journal of some sort, whether digital or simple paper and pen.

I have found that my time with the Lord is generally more meaningful (and my mind less prone to wander) when I record what God shows me in my time with Him. These pages are designed to facilitate that process.

The journal is divided into thirty days, each of which includes a quote from my book *A Place of Quiet Rest*, as well as the following elements:

## Preparing My Heart

Take time to quiet your heart before the Lord and focus your mind on Him. Ask Him to speak to you. Let Him know that you are ready to listen to Him, to learn from Him, and to respond to whatever He says to you through His Word.

## Listening to God

Read and meditate on a passage in the Word of God. (If you don't currently have a Bible reading plan, you may want to use the 30-day plan suggested on page 9 of this journal.) Ask the Holy Spirit to illuminate the Scriptures to your understanding and apply it to your life. As you read, look for the following:

**Observations**—*What does this passage say?* Record observations about your Scripture reading. Summarize or paraphrase the passage. Identify key facts, themes, or characters.

**Interpretation**—*What does this passage mean?* What does this passage reveal about God and His ways, about man, about Christ, about salvation, about the Christian life, etc.? Are there any promises to claim, commands to obey, examples to follow, or sins to avoid?

**Application**—*What should I do?* In light of what God has revealed, how should you respond? What changes need to be made in your life? How can this passage be practically applied to your life?<sup>1</sup>

## Responding to God

A helpful tool for responding to God in praise and prayer is the simple acrostic A-C-T-S:

**Adoration**—Worship God for who He is. Focus on one or more of His attributes (holiness, mercy, majesty, omnipotence, etc.) that are revealed in His Word.

**Confession**—Agree with God about anything He has revealed in your life that is not pleasing to Him. Receive the forgiveness that He has provided through the sacrifice of Christ on the cross.

**Thanksgiving**—Thank God for what He has done, for His gifts, and for how He has spoken to you through His Word.

**Supplication**—Bring your requests to Him, both for your own needs and for the needs of others (intercession). Ask Him for grace to obey His Word.

Remember, this journal is intended to be a tool; don't get hung up on the mechanics. The goal is not to fill in every line or even to write something in every section. The point is to get into the Word and get the Word into you.

Keep in mind that it's not enough to just read your Bible (important as that is). The object is that the words that are printed on the page would become written on your heart, and that you would come to know God intimately and reflect His heart and ways to others.

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1. Chapter 9 of *A Place of Quiet Rest*—"Getting the Word into You"—expands on how to look for observations, interpretation, and applications, and includes additional suggestions for how to read and study the Bible. Chapters 10 and 11 of *A Place of Quiet Rest* have more helpful insights on how to respond to God through praise and prayer.

## Suggested Scripture Readings

If you don't already have a Scripture reading plan, here's one you may want to use for the next thirty days. The journey through the gospel of Mark will give you a fresh glimpse of the Savior and His redemptive life and ministry. Reading three of Paul's epistles will help you understand how to live as a redeemed child of God.

- **Day 1:** Mark 1
- **Day 2:** Mark 2
- **Day 3:** Mark 3
- **Day 4:** Mark 4
- **Day 5:** Mark 5
- **Day 6:** Mark 6
- **Day 7:** Mark 7
- **Day 8:** Mark 8
- **Day 9:** Mark 9
- **Day 10:** Mark 10
- **Day 11:** Mark 11
- **Day 12:** Mark 12
- **Day 13:** Mark 13
- **Day 14:** Mark 14
- **Day 15:** Mark 15
- **Day 16:** Mark 16
- **Day 17:** Ephesians 1
- **Day 18:** Ephesians 2
- **Day 19:** Ephesians 3
- **Day 20:** Ephesians 4
- **Day 21:** Ephesians 5
- **Day 22:** Ephesians 6
- **Day 23:** Philippians 1
- **Day 24:** Philippians 2
- **Day 25:** Philippians 3
- **Day 26:** Philippians 4
- **Day 27:** Colossians 1
- **Day 28:** Colossians 2
- **Day 29:** Colossians 3
- **Day 30:** Colossians 4



DATE: \_\_\_\_\_



# Day 1

“I MUST MAKE A DELIBERATE,  
DAILY CHOICE TO SIT AT HIS FEET,  
LISTEN TO HIS WORD,  
RECEIVE HIS LOVE,  
AND LET HIM CHANGE ME.”

## PREPARING MY HEART

As you begin, take a moment to quiet your heart before the Lord and focus on Him. Ask Him to speak to you. Let Him know that you are willing to listen and learn from Him through His Word.

## LISTENING TO GOD

Scripture Passage: \_\_\_\_\_

## OBSERVATIONS: What does this passage say?

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INTERPRETATION: What does it mean?

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APPLICATION: What should I do?

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# RESPONDING TO GOD

## Adoration

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## Confession

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## Thanksgiving

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Supplication

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TAKEAWAY THOUGHT:

What key verse or insight will you take with you into your day?

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