

# Daily Realignment

Quiet Time Journal



JILL PENROD

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Published by Jill Penrod

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## Realignment?

*Realignment.* A few synonyms include *transformation, renewal, shifting, renovating*. God—through the Bible—wishes to align us in His direction and away from a weary world. Everything around us calls for our attention, and it is easy to veer off course and away from the God who nourishes our souls. Daily we need to turn back toward him, like a flower reaching for the sun. This particular plan is a simple four-step method to start that shift.



There are a multitude of ways to study the Word and arrange quiet, intimate daily times with God, and this one isn't special or magical. It just happens to be in front of you offering a pattern to work from, and any pattern or routine can help turn intentions into habits. Spending time with God as a regular habit is the best—and perhaps the only—way to draw closer to God long term. And the closer you draw to God, the more you learn to trust Him, find peace and calm in His presence, and fulfill His special purposes for you.

The four steps are explained below, and then you will find pages to print or use as a template for a journal or notebook. Copy it as many times as you'd like. If you prefer to have this in physical, journal form, you can use this link to purchase one on Amazon.

### Start with Silence

My church starts every worship service with silence, and it is possibly the most difficult of the four steps. We are not accustomed to silence. In the printed version of this book I included a verse to read each day as well as space to write, in case either of those methods help you clear your mind. Feel free to find your own verses here. Other ways to find quiet before God include taking a walk, closing your eyes for a minute, practicing breath prayers (a simple phrase repeated to God to help still the mind like “Speak, Lord, your servant is listening”), or singing a song. Experiment until you find a way to still your soul, casting away the worries of the day and focusing on God. It might help to read passages where God is a refuge, fortress, or rock, where God's might is on display. Or write thoughts about who God is and what he thinks of you. (Biblegateway.com is great for word studies—try *quiet, silence, refuge, still, peace, rest*, etc.)

### Cast your Cares—and fears

What are your concerns today? About what are you fretting or fearful? What sins weigh you down? What seems too big or overwhelming to handle? This is time for confession and true disclosure of what's going on in your heart, whatever might keep you from drawing close to God. If you wish to read Scripture here, use Psalms of lament. (Try 3, 6, 13, 25, 28, 31, 44, 56, 71, 77, 86, 142) Cast your cares on God by putting them on paper or in prayers, and release them into His hands for good.



### This is my Son. Listen to Him

God gave this command to the disciples on the mount of Transfiguration, and this is the heart of realignment, reading the Word of God. You don't have to limit yourself to words of Jesus, but if you aren't familiar with the Bible, start with the Gospels and the Psalms. Look up Bible reading plans on the internet if you need a plan. After reading, write anything that catches your attention—new insights into God's character, new insights into your own heart, things to do, questions to ask. Personally I like Bibles with space to write, but I often have a study Bible open as well to help me if I have questions. Or listen to the Word (the Dwell app for phones is great for this) and then write what you want to recall.

## Praise the Lord, O My Soul

David speaks these words to his soul in Psalms. Finish your time with praise. If you struggle with anxiety or distress, or if you're about to head into times of change, or even if you're coasting at the moment, praise aligns better than anything. You've stilled your soul, poured out your pain and sin, and fed on the Word, so now walk into the world with praise on your tongue. The Psalms are good for this, or write out your own words of praise and thanksgiving. Some praise Psalms include 7, 8, 34, 89, 92, 95, 100, 103, 111, 117, 139, 145-150.

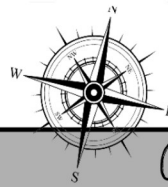
Before leaving your time of realignment with God, grab a word, phrase, verse, or thought to carry through the day. Write it down (or note it in your phone) and return to it if you find yourself becoming weighed down by the events of your day. There is no shame in needing to realign many times a day.



Blessings, friend. Walk into the world confident that the God whose voice can break cedars, whose hand can hold back seas, can also walk at your side and protect and care for you anywhere you venture today.

—Jill

Start with Silence



Date: \_\_\_\_\_

Cast your cares (and fears)



Listen...

Praise the Lord, O My Soul

Bible Passage:

If I only had one takeaway today, it would be...

Date: \_\_\_\_\_

Start with Silence

Listen



Cast your cares (and fears)

Bible Passage:

Praise the Lord, O My Soul

Today's treasure



## Resources

This journal is available preprinted through Amazon. Look for it here:

<https://amazon.com/dp/B0B7GMKZRZ>

Need help with the **Start with Silence** step? *Still and Quiet, Prayers for Morning and Evening*, is a calming visual prayer book with short prayers and full-colored images for each day of the week.

Look for it here: <https://amazon.com/dp/B08FV1PLQH>

This workbook is published by Jill Penrod of A Fretful Flock, a website about coping with anxiety while walking the Christian faith. Encouragement, resources, and peace—[A Fretful Flock](#).



Jill Penrod is the author of over fifty Christian novels in several genres, including romance, fantasy, and coming of age. Her fiction can be found at [JillPenrod.com](http://JillPenrod.com)

She is also the host of A Fretful Flock, a website that explores Christian life and faith for those who struggle with anxiety. Jill's non-fiction resources are here. The site features articles, resources, and reviews meant to encourage, educate, and bring peace to anxious souls.