

Daily Realignment

Quiet Time Journal

Psalm 25:4 Show me your ways, LORD, teach me your paths.

Jill Penrod

Copyright 2023 Published by Jill Penrod All Rights Reserved

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 the remaining pages give you space to record your daily journey back to the heart of God.

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. I write a verse in each silence box, usually one about peace or rest or silence. 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

Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Ozo.O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	



Date:	Listen
Start with Silence	Oze O
Cast your cares (and fears)	
	Bible Passage:
	Praise the Lord. O My Soul
Today's treasure	
Today's treasure	

This book is presented by Lamp Oil Resources, also known as Jill Penrod's non-fiction books. Jill has written over fifty

Christian novels, and she also hosts a website called Bare Feet on Holy Ground: The Peculiar Paths of the Surrendered Life. Recently she has begun developing discipleship resources, hoping to help others bathe in the Word and grow closer to God.

To find Jill's fiction, head to www.JillPenrod.com.

To read the blog, visit www.BareFeetOnHolyGround.com.

To see more resources, including a full-color morning and evening prayer book, a book of meditations and activities for Advent, and journals and Bible studies, check out BareFeetOnHolyGround.com/Publications

As a believer of over forty years, I know my life works best, and I experience the best mental and emotional health, when I am in the Word of God on a daily basis. And yet, my history is filled with starts and stops. I suspect I'm not alone. My hope is my work—be it fiction or blog articles or discipleship resources—can help others settle into a routine and rhythm of knowing God, trusting God, and entrusting God with everything. Everything.

Blessings on your journey!! --Jill, fellow sojourner on the path



"Be dressed for service and keep your lamps burning..."

Luke 12:35



He brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps....Many will see it and fear, and will trust in the LORD. Psalm 40:2, 3b



...Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. Eph. 4:15