

# 7 Day Devotional

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## DAY 1: HOW DO YOU “HEAR” GOD?

How do you know when God is speaking to you? I frequently get asked this question in my line of work as a **Women’s Christian Life Coach**. There are thousands of ways God speaks to us, but I will share just a few ways I hear best from Him.

My favorite way to hear from God is through journaling. I typically spend my mornings reading scripture and then writing in my journal. I write to God and He responds back to me through journaling. Another way I hear from God is through prayer, but this kind of prayer for me is not easy. The type of prayer I’m talking about is with my hands and knees on the floor with my face planted in the carpet. This type of prayer comes with a lot of emotion and usually buckets of tears. Another way I really love hearing from God is through a messenger. It could be a friend, a speaker or even a song. It’s something unexplainable, but you just know at that very moment God has spoken directly to you and there’s no denying He wants you to embrace and accept what He just spoke into your life.

I could write pages on all the ways we can hear God speaking to us, but I believe every individual can hear from God differently. There’s no magic formula to “hear the voice of God”. It takes effort on our part to learn how to look for and listen to God’s voice in our own life. The bottom line is it starts with relationship. The more time you spend seeking God the easier it will be to hear His voice. How will you spend your time today listening for God’s voice? What new ways can you start listening for God?

## DAY 2: TRUSTED

One day during my quiet time, preparing for bible study, God lead me to a 40-day juice fast. Let me be completely honest here, I had never completed a 24 hour fast of any kind. I've always overlooked the fasting thing in the bible because personally it was something I really did not want to do. I know that's not making me look too great as a "Christian Life Coach" but I'm just being real with you. The truth is we all have certain things that we want to ignore and pretend it doesn't apply to our life.

Well, that particular morning, I was trying extremely hard to ignore God's prompting so I actually starting arguing with him. This is how it went down. As I was reading scripture, I got that gentle nudge in my spirit that said 40 day juice fast. I sat in my chair and literally looked up at the ceiling and spoke out loud, are You serious? No food, just juice for 40 days? I shook my head and headed to the kitchen to pour myself a nice cup of hot coffee and while I was walking back to my chair I started complaining. "There is no way in creation that I can go 40 long days without chewing any food. No way, no how, can I do that. Forget it." And then I heard Him again (not audible, of course), if I can't trust you with food, how can I trust you with people? I immediately tossed my hands in the air and said, ok fine God, you got me! You see my life is about reaching women with the love of Christ through coaching, writing and speaking so this was a big eye opener.

Luke 16:10 states, "Whoever can be trusted with very little can be trusted with much..." Don't you hate it when scripture backs up the truth you were so hoping to avoid? You know I'm just kidding, but heck 40 days was more than I wanted to bite off...LOL!

Today I want to encourage you that you can be trusted with more. I want to challenge you to stop ignoring God's promptings and embrace the truth. Why, because the Holy Spirit lives inside you and if you press past your fears and seek His constant presence in everyday life, I promise you all things are possible. What has God been prompting you to do lately? Did you avoid it or embrace it?

## DAY 3: MINDSET

At different times in my life I struggled with depression on and off. In growing deeper in my relationship with Christ I discovered the secret to pressing on and pushing through those challenging times. It all comes down to my mindset. Now I am the first person to tell you, I cannot just snap my fingers and say, “ok, just think positive thoughts” and immediately have a brand new attitude. Nope, it doesn’t work that way for me. If it works that way for you, then praise God! Really Praise God!! What I’ve discovered over the years is that it’s a day-to-day process for me. I realized that whatever goes in must come out. For example, when I listen to certain types of music consistently, I start developing an attitude or mindset of what I’m hearing. When I listen to Christian music I’m more positive and uplifting or when I listen to Pink the pop-rock star, my husband better watch out because I’m in charge and don’t mess with me. LOL!!

But in all sincerity my perspective on life is completely different depending on what I’m focusing on and that is why it is so very important to stay in the word and meditate and pray on scripture. Romans 8:6 says, “The mind of sinful man is death, but the mind controlled by the spirit is life and peace”. I don’t know about you, but for me I want life and peace, not death or in other words a negative, hostile, depressed or hopeless mind.

So I would like to challenge you today to take a look at what you’re putting in your mind in all different areas...reading, listening, and speaking. Could you use a positive mindset and peace in your life today? If so, what are you going to do to ensure the spirit controls your mind?

## DAY 4: OFF TRACK

Don't you hate it when your life gets off track unexpectedly and all of a sudden you wake up one morning to realize things are way out of hand. You're not motivated, you want to be lazy and you feel powerless. No matter how hard you try in your own strength to "start over" and say this is the day I'm going to get refocused and conquer my fears and weaknesses, you come to realize by the end of the day, you've failed once again. I don't know how many thousands of times I've encountered this vicious cycle in my life, but just a few weeks ago it happened once again. The good news is that I've finally come to a place in my life where I've developed personal awareness. When I get sidetracked, I now make a conscious decision to reach out to someone and ask for help to get me back on track.

Getting back on track for me is a two-step process. First, I call my personal Christian Life Coach and schedule some time to work with her. Through the coaching process I gain clarity on the steps I need to take to get focused. The second step is to take action. For me to move forward that means earnestly seeking God and remembering who I really am. I love the scripture Galatians 5:22 & 23 "But the fruit of the Spirit is love joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." No matter how many times we face defeat and discouragement in life, we can overcome all obstacles when we seek God's word. When reading the truth in scripture it allows our spirit to come alive once again.

The next time you get off track, what steps are you going to take to get back on track?

## DAY 5: THE PROCESS OF PERSEVERANCE

Don't you hate it when you think I've got this all figured out and you start feeling pretty good about yourself and just about the time life starts looking up, all heck breaks loose. Things become dark and impossible in a matter of seconds. You feel paralyzed, desperate and you want to quit everything, especially that one little thing you were feeling so good about just moments before. This is when the Process of Perseverance starts. When you scream, kick and yell I want to quit right now! I am DONE! When your flesh says, I'm tired and I can't do this anymore.

Recently I was experiencing all of these emotions and I finally realized this is when the Process of Perseverance begins. The pain in this process will not last forever. But when I'm in that dark, grueling moment, no one can tell me that it won't last forever because it already feels like I've entered into forever. The truth of the matter is we look at life, our situations, our process from a human perspective instead of looking at it from God's perspective, which is an eternal perspective. We must go through the process. The process allows our hearts to feel the sentence of death, but this is so we might not rely on ourselves, but instead fully rely on God. Pastor Steven Furtick states in his book *Sun Stand Still* "that process is the breeding ground of faith. That process has the potential to draw you closer to Jesus than you've ever been before."

So you see, no matter how painful the process, I ALWAYS end up looking back, thanking God for allowing me the opportunity to endure the pain of the process because that is when I get to experience my precious Savior Jesus Christ every time. And I don't know about you, but for me I will do anything, feel anything, process anything to encounter my Lord and Savior Jesus! I would like to challenge you when you face a problem and begin the process of perseverance to look at it from an eternal perspective and not our typical human perspective. Instead, embrace the process!

## DAY 6: LIVING SACRIFICES

Several weeks ago I went for a run with my dogs. It was a beautiful day and I was feeling strong and empowered running with my worship music on. I was less than a tenth of a mile from my front door and BAM! I landed on my hands and knees, plastered on the pavement. First, I looked around to see if anyone saw me fall. Then I looked to see if my dogs were going to run off and leave me lying on the road. Finally, I yelled, “God you’ve gotta be kidding me!”

It was a pretty bad fall. I ended up going to the doctor 4 days later because I was in so much pain. What’s interesting to me is the process of how I responded to my fall. First, I looked around to see if anyone was watching because I was so embarrassed of my clumsiness. Honestly the reason I was embarrassed is because moments before I was feeling strong like I could conquer the world. I mean I was listening to praise music so it wasn’t all about me. I had God somewhat involved....Right??? Next, I looked to see if my running buddies were going to stay true to me and remain by my side, because in the end its all about your friends being loyal....Right??? Finally, I yelled at God. Why would he let me fall so hard when I was doing something healthy for me? I mean God says we are to be healthy and take care of our bodies, but for whom? Me, Right???

The answer to all my questions are WRONG, WRONG, WRONG! The scripture God brought to me was Romans 12:1 “to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.”

After my encounter with the pavement that day, God spoke to me and said, “Run with strength. Walk with confidence. Fall with humility. Reach with trust. But make sure you are running, walking, falling, and reaching for only ME.”

Who are you living for when trying to take care of yourself? Is it for God, you or someone else?

## DAY 7: RECIPE FOR HUMBLE PIE

The heart of the godly thinks carefully before speaking; the mouth of the wicked overflows with evil words. Proverbs 15:28

Let me start with a deep confession. God has spoken to me, think before you speak my entire life! It all started in elementary school. Every report card read, "Linda talks too much in class." Honestly, I resented that all my teachers had the same thing to say about me. Sometimes I get so passionate about what is in my heart that my brain checks out and my mouth runs the show.

At my church during a revival one of the guest preachers said something like your heart could be right, but your mind can be wrong. Well, since hearing that revelation God has given me too many opportunities to live this out in my own life and as a result I've developed a recipe for Humble Pie!

All you need is One Large Heart for Christ and sprinkle it with One Self-righteous mind and you will have the perfect Humble Pie!

I wish I could put a WARNING label on it and say DO NOT EAT. But the truth of the matter is all of us are just like Adam and Eve. The enemy convinces us that we do not have a self-righteous mind and we can "...distinguish good from evil!" Genesis 3:5 When we eat a piece of the Humble Pie it will result in heartache every time. But the truth of the matter is we all need a piece of the pie from time to time to make sure our heart and mind are in alignment with God's truth and will for our life. In order to grow in Christ we have to fall down so as we are standing back up we can reach for God to get our balance. Can you recall when you've eaten a piece of humble pie? If so what did you learn from that experience to help you in the future?