

One Step to Freedom  
Chapter 1: Planning for Victory

Lesson 7 Part 1  
Daily Devotions

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed” (Mark 1:35).*

This is a guideline for daily devotions to help you improve your prayer life.

It is important that every Christian establish a habit of meeting with the Lord on a daily basis. Many Christians refer to this time as a “daily devotion.” A daily devotion is a specific time during each day that is set apart solely to communicate with God. While it is true that we can communicate with the Lord at any time, it is helpful (and advisable) to set apart a certain amount of time every day for this purpose. Therefore, we would like to give you this step-by-step plan to help you develop consistent and fruitful daily devotions in your own life.

### How to Have a Daily Devotion

1. Meet with God. Before you begin, take a few moments silencing your heart and mind before God.
2. Talk to God. This is accomplished through prayer. Four basic elements of prayer are listed as follows. You can remember it by the acronym ACTS: Adoration, Confession, Thanksgiving, and Supplication.

**Adoration** This is the purest kind of prayer, because it is all for God; there is nothing in it for you.

**Confession** Confession comes from the root word meaning “to agree together with.” Apply this to prayer and agree with God. Something happened yesterday that you called a slight exaggeration; God calls it a lie. You call it strong language; God calls it swearing. You call it telling the truth about somebody; God calls it gossip (1 John 1:9).

**Thanksgiving** Express your gratitude to God. Think of several specific things to thank Him for: your family, your business, your church, your responsibilities—even thank Him for hardships (1 Thessalonians 5:18).

**Supplication** This means to ask earnestly and humbly and make your petitions known to God. Ask for your needs, and the needs of others. Ask that God’s will for your life, your problems and your goals would take place on a daily basis (1 John 5:14-15).

3. Listen to God. This is accomplished by reading His Word (the Bible) and listening to His voice within your heart. God’s voice will never go against His Word, and will always bring a sense of peace, never confusion (John 14:27, 1 Corinthians 14:33).
4. Understand and apply. Ask God to help you understand His Word and truths that you learn; then, ask God to help you apply them in your life each day (James 1:5).

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The following verses will help you to understand what Jesus has for you. Having daily devotions requires reading and praying for the Holy Spirit to give you understanding.

1. Read Luke 9:23. The words, “deny himself” can be translated as *selfish ambition*.  
What does this verse tell us? \_\_\_\_\_

2. What does denying oneself tell you to do? \_\_\_\_\_

3. From Luke 9:23, “Take up his cross and follow Me” means to shoulder your cross daily. How does one do this? \_\_\_\_\_

4. Read Matthew 10:38. Write in your own words what this means to you.

5. Read Matthew 6:19-34. Explain what verses 6:19-20 mean to you.

6. According to verse 21, where should your treasure be?

7. What do verses 22-23 reveal about what you see with your eyes?

8. Verse 24 states, “No one can serve two masters.” Why is this necessary to remember in the drug and alcohol ministry? \_\_\_\_\_

9. What is your response to Matthew 6:25-34? \_\_\_\_\_

10. Summarize what you have learned from this Bible devotion.