

onepastor

FIRST HOUR

**GUIDE**

**Help Guide by Donnie Lafferty**

**“I have never found it easy to take the time to sit quiet with the Lord.”**

I do talk to him throughout my day, sometimes even out loud, and for over 20 years He has been my companion in life. The FIRST HOUR Devotional Guide is meant to be very personal. Make it your own.

**A SUMMARY of FIRST HOUR Devotional Guide**



**1) God's Day**

On the first page, It starts out acknowledging that this day is God's day. I ask God to speak to me through His Word and I commit to listening expecting to hear from Him.

**2) Think Yourself Empty with Gratitude**

My mind gets so full of thoughts, all kinds of thoughts. How do I really change my mind and turn my focus to God and off of myself? Well, I empty out my mind by choosing to focus first on counting God's blessings over just the last 24 hours. Yup. When I look back over the last day, I then realize I was fed. I had a roof over my head, and I'm not dead. I'm alive. I look back on the good the past day. It helps me purposefully choose gratitude and recognize who gives the increase. I literally list out by number my blessings for the last 24 hours.

### **3) Read Yourself Full with Scripture**

Now that I am appreciative and more focused on God's goodness, I hide God's Word in my heart. I read with a mindset that expects God to show me something. I take notes in this section on the scriptures writing down the chapter and verse and sometimes just write down what really sticks out to me. It might be something that sounds crazy or something inspiring.

I try to read about 2 chapters and take notes directly from my reading even writing out special verses I noticed.

### **4) Write Yourself Clear by Journaling**

I have studied leadership and business for well over 20 years with conviction and passion. In that time few practices are more encouraged than to journal. Writing out lessons learned and putting to paper key thoughts is so often done by leaders I respect. This section of the First Hour Devotion Guide allows me to keep it simple and just write down what I believe God has shown me in His Word. This is very plain language that I really grasp. It is often short commands or key thoughts that really stuck out to me. Be very honest here and vulnerable. This is for your eyes and growth and focus. What is God showing me right now? It's me and you God. I'm listening and this is what I see right now. Write that down. It may be only a few things some days and you may need another sheet of paper. I lastly go back and with a highlighter, highlight the MAIN points from the day. I use the highlighter and underline key verses or short points that really stuck out the very most. This is so I can go back at a glance and see the main points later. I also use commentaries and google terms for notes so I can better understand.

### **5) Pray as God Leads**

We are all so different. God uses our distinct qualities. Embrace your quirky ways. I think we are all pretty crazy anyway. Own how unique you are. Sit down in the fact that God chose you today to do things only YOU can do. This is personal. Quit wishing to be someone else. Be you, but be the best you that God would have you to be. Pray to God as He leads. What comes to mind?

Make that list of items to be done, people to pray for, ideas you might have, etc. God, I need you. Talk it out with your creator. He is not surprised. Be real with Him. Cry out, pray out loud if you can. I know great Godly friends that actually lock themselves in their bathrooms to pray for a while and get away from everyone.

Whatever it takes to pray in a sincere way.

### **6) Wandering Thoughts**

My mind does still tend to race around. I made a place to simply jot down random thoughts to put them somewhere so I can move on. It might be to buy milk today, or I have to turn in that report today, or whatever. I put this section here as an outlet. I often don't use it, but it's there for those times when I just keep jumping off the page so to speak.

Give this a try sometime. Make up your own devotional guide that works for you. You may already have a great system in place. Lastly, know that there are no short cuts. It is not wise to think that some process, program, guideline, etc. will become some plug and play that works for everyone. Your life and walk with the Lord is unique. Take the time to renew your mind daily in the Word. Pray to God and seek to see what He is showing you. Make it personal. He made us for this very reason. Discipline is a key. Don't go on how you feel. Do the right things as God leads you. I'm excited for us to encourage one another.

I HAVE ATTACHED THE FIRST HOUR DEVOTION GUIDE IN A WORD DOCUMENT AND A PDF DOCUMENT. (OnePastor is a ministry of encouragement I am developing)

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