

ADURA DAILY • GUIDED DEVOTIONAL

Before the World Speaks

Let God Speak First



A 7-Day Companion Guide

A gentle morning practice for giving God the first word of your day - before the noise arrives.

READ • REFLECT • PRAY • SURRENDER • ABIDE

A Quiet Place to Begin

This companion guide is designed to be used alongside the seven-day devotional *Before the World Speaks, Let God Speak First*. It is not another task to complete. Think of these pages as a quiet place to slow down, notice what God is showing you through His Word, bring Him what you are carrying, and prepare your heart for the day ahead.

Each morning, read the full devotional on *Adura Daily* first. Then use the prompts here to capture one truth, one honest response, and one prayer you want to carry with you. There is no need to fill every line. The goal is not perfect journaling; the goal is relationship.

A Simple Morning Rhythm

1 ·	Be still. Give yourself a moment to arrive before God before reaching for everything else.
2 ·	Hear His Word. Read the day's Scripture slowly and notice what draws your attention.
3 ·	Respond. Tell God honestly what you are thinking, feeling, hoping for, or carrying.
4 ·	Surrender the day. Place your plans, worries, and expectations into His hands.
5 ·	Carry one truth. Choose one sentence or Scripture to return to when the noise gets loud.

Remember: Some mornings may be long and unhurried; others may be brief. Do not let the pursuit of a perfect routine cause you to miss the relationship the routine is meant to nurture.

Before the World Speaks

"I prevented the dawning of the morning, and cried: I hoped in thy word.
Mine eyes prevent the night watches, that I might meditate in thy word."

- Psalm 119:147-148 (KJV)

Today's Focus

Before the day begins speaking to you, intentionally turn toward God and His Word.

Today's Practice

1	Pause before the noise. Before reaching for your phone or the day's information, give God your first attention.
2	Read slowly. Read Psalm 119:147-148 twice and notice the psalmist's prayer, hope, and attention to God's Word.
3	Choose one truth. Write down one truth from Scripture you want to carry into the day.

Reflection

1. What usually gets my attention first in the morning, and how does it affect the way I enter my day?

2. What thoughts, worries, responsibilities, or voices tend to begin speaking to me before my day has really started?

3. What might change if I intentionally gave God and His Word the first opportunity to shape my focus?

Carry This With You

You don't know everything today will bring, but you can choose whose voice you hear before you meet it.

My prayer for today:

Relationship Before Routine

“And she had a sister called Mary, which also sat at Jesus' feet, and heard his word... But one thing is needful: and Mary hath chosen that good part...”

- Luke 10:39-42 (KJV)

Today's Focus

When many things compete for your attention, time with God is not merely a task - it is choosing Him.

Today's Practice

1	Name the many things. Notice the responsibilities or concerns already competing for your attention.
2	Sit before you serve. Read Luke 10:38-42 and spend a few quiet minutes with God without trying to accomplish anything.
3	Receive before you pour out. Ask God what truth you need to carry before you begin giving yourself to everyone else.

Reflection

1. What are the “many things” that most often compete for my attention and time with God?

2. Have I begun treating devotional time mainly as something I should do, or as time I get to spend with God?

3. What would it look like practically for me to sit at Jesus' feet before giving myself to today's responsibilities?

Carry This With You

Before you give yourself to the many things, give yourself time to simply be with Him.

My prayer for today:

Set Your Mind Before the Day Sets It for You

“For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit... to be spiritually minded is life and peace.”

- Romans 8:5-6 (KJV)

Today's Focus

Scripture does not invite us to empty our minds, but to direct them toward God and His truth.

Today's Practice

1 ·	Notice your first thoughts. Ask yourself what you woke up thinking about today.
2 ·	Bring them to God. Read Romans 8:5-6 and honestly name any fear, comparison, frustration, or urgency you are carrying.
3 ·	Set and reset. Choose one biblical truth to return to whenever your attention becomes scattered later today.

Reflection

1. What thoughts usually occupy my mind first in the morning, and how do they affect my attitude or temperament?

2. What voices regularly receive more of my attention than God's truth?

3. What truth from God's Word do I need to set my mind on today and return to when the noise gets loud?

Carry This With You

Set your mind on God's truth in the morning, and return to it whenever the day pulls your attention away.

My prayer for today:

Peace Before the Pressure

“God is our refuge and strength, a very present help in trouble. Therefore will not we fear...”

- Psalm 46:1-2 (KJV)

Today's Focus

God does not promise a trouble-free day. He gives you a place of peace from which to face it.

Today's Practice

1	Name what feels heavy. Bring God what you are carrying instead of trying to appear strong.
2	Remember His presence. Read Psalm 46:1-2 and linger over the words “very present.”
3	Return to your refuge. Choose a moment later today to pause and remind yourself: God is still my refuge and strength.

Reflection

1. What am I carrying into today that I need to bring honestly before God?

2. Do I tend to think of peace as everything going well, or am I learning to experience God's peace while circumstances remain unresolved?

3. What would it look like for me to return to God as my refuge when pressure rises later today?

Carry This With You

You don't need a trouble-free day to have peace - you need to remember where your refuge is.

My prayer for today:

Faith for Whatever Today Holds

“...for he hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper...”

- Hebrews 13:5-6 (KJV)

Today's Focus

Faith is not confidence that you can control the day; it is confidence that you can trust the God who is already there.

Today's Practice

1	Name the unknowns. Write down one or two things about today that feel uncertain.
2	Name what you know. Read Hebrews 13:5-6 and write what remains true about God regardless of the outcome.
3	Walk forward with Him. Enter the day expecting God's presence, wisdom, strength, and grace to meet you when you need them.

Reflection

1. What unknowns tend to create the most fear or uncertainty in me?

2. Is my confidence usually rooted in feeling prepared and in control, or in knowing that God is with me and is my helper?

3. How would I approach today differently if I truly expected God's presence and grace to meet me when I need them?

Carry This With You

You don't have to know what today holds when you know Who will be with you in it.

My prayer for today:

Surrender the Day Before You Try to Control It

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

- Proverbs 3:5-6 (KJV)

Today's Focus

Surrender does not mean you stop planning. It means you stop requiring everything to happen according to your plan.

Today's Practice

1	Look at what's ahead. Think through today's plans, responsibilities, conversations, and decisions. Notice what you are already trying to control.
2	Open your hands. Read Proverbs 3:5-6 and ask God for wisdom for what is yours to do and trust for what belongs to Him.
3	Stay open to His direction. Move through the day faithfully, but hold your plans loosely. Pause before reacting when something unexpected happens.

Reflection

1. What plans, outcomes, or situations am I holding most tightly right now?

2. Where am I taking responsibility for something that ultimately belongs in God's hands?

3. What would it look like for me to plan faithfully today while remaining open to God's direction?

Carry This With You

Make your plans, but hold them with open hands - trusting God to direct the day you cannot fully see.

My prayer for today:

Take His Presence With You

“Abide in me, and I in you... I am the vine, ye are the branches... for without me ye can do nothing.”

- John 15:4-5 (KJV)

Today's Focus

Morning is the beginning, not the boundary. The goal is not simply a devotional routine, but a life lived with God.

Today's Practice

1	Look back. Notice what has drawn you toward God during these seven days.
2	Build your rhythm. Choose a simple morning practice you can realistically continue after this guide ends.
3	Take Him with you. Choose one moment later today to intentionally turn your attention back toward God.

Reflection

1. What have I discovered about God - or about my relationship with Him - during these seven days?

2. What morning rhythm can I realistically continue without allowing it to become another obligation I have to perform?

3. What would it look like for me to abide in Christ throughout my entire day?

Carry This With You

Morning is where you begin with God; abiding is learning to walk with Him through everything that follows.

My prayer for today:

My Morning Rhythm

The seven days are complete, but the invitation remains. Use this page to create a simple rhythm that draws you toward God rather than becoming another standard you have to perform.

When I will usually meet with God:

Where I will usually meet with God:

A simple rhythm I can continue:

1 .	Become still and turn my attention toward God.
2 .	Read a portion of Scripture slowly.
3 .	Respond honestly in prayer.
4 .	Surrender the day ahead.
5 .	Choose one truth to carry with me.

What I want to remember when my routine is interrupted:

One way I will return to God during the day:

Before the World Speaks

Father,

Thank You for meeting me here. Thank You that I do not have to have everything figured out before I come to You. Help me make room for You before the noise begins. Before worry tells me what to fear, remind me of what is true. Before my responsibilities pull me in every direction, help me sit at Your feet. Before I rely on my own strength or understanding, remind me that You are my help, my refuge, and my guide.

Set my mind on You. Steady my heart when I feel overwhelmed. Strengthen my faith when I cannot see what is ahead, and teach me to place my hope in Your Word rather than in circumstances going the way I expect.

I surrender my plans to You. Give me wisdom for what is mine to do and grace to release what belongs in Your hands. When pressure comes, remind me where my refuge is. When I am uncertain, teach me to trust Your faithfulness.

And Lord, do not let my relationship with You end when I close my Bible or leave this quiet place. Teach me to abide in You. Draw my attention back to You throughout the ordinary moments of my day.

Most of all, keep this from becoming another routine I simply learn to perform. Let it become relationship. Give me a heart that wants to meet with You because I have discovered the goodness of being with You.

Tomorrow morning, if You give me another day, help me begin again. Before the responsibilities. Before the worries. Before the opinions. Before the noise. Before the world speaks, Lord, let Your Word have the first word in me.

In Jesus' name,
Amen.

BEFORE THE WORLD SPEAKS, LET GOD SPEAK FIRST.