



Help, I want to get off this treadmill!

Do you find yourself on the busy treadmill of life, never seeming to find the time to do the things that are really important to you? Are you willing to let God show you a better road for your life? Today is the day to begin.

We invite you to go on a Journey with God!



By Robin Gove



Encouraging people to build a love relationship with God by SPEAKING and LISTENING to him daily.

He's SPEAKING! Are we LISTENING? Journeys with God
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Ministry, Inc.

Printed in the United States of America

Cover logo design: Jeremy Gove

Photos provided by Dave and Robin Gove

We hope you enjoy our Journeys with God from
He's SPEAKING! Are we LISTENING? Ministry.

Our goal is to encourage people to build a love relationship with
God by SPEAKING and LISTENING to him daily.

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Dedicated to my husband

Dave

*He lovingly lived through all of these
LIFE changing Journeys with me.
His love and devotion carried me through it all.
I will be forever grateful to him.
Thanks, Handsome!*

And special thanks to our four sons,

David, Jeremy, Andrew, Aaron

*They have spent many hours listening and encouraging me.
They have also used their talents to help me to complete this
project.*

And finally, very special thanks to my friend

Marilyn Pientka

*I wish everyone could have a friend like her.
She spent hours working with me to complete this project.
Her cheerful attitude always blessed my days.*

Welcome to your

Spiritual Journey

Help, I want to get off this treadmill!

Name: _____

Date Your Journey begins: _____

The Beginning of my Spiritual Journey

I remember it so vividly like it was just yesterday. I sat at my desk gazing out my window at the woods behind my home. The peacefulness of the view was overshadowed by all of the thoughts dancing around in my head. "What can I do to make changes in my life? Where would I even begin? I am not qualified to be doing this?" Feelings of insecurity could not be erased from my mind. Deep inside of me, I was longing to make some changes in my life.

You might wonder what made me realize I needed to make some changes in my life. I will be totally honest with you. **MY LIFE WAS A MESS...**

- **I was overweight and my blood pressure and cholesterol were way too high.**
- **I had tried so many diets with no weight loss.**
- **I was addicted to caffeine and chocolate and I would eat to feel better.**
- **After being married many years my marriage was so.....routine.**
- **Our finances were a mess. I worked very hard each day and I was not making any money. We were VERY HEAVILY in debt.**
- **I did not even know how to have fun.**

I was tired of who I had become. I was out of control. I would eat properly and exercise, but it only lasted for a short time. My energy levels were so low that I completely lacked motivation. There never seemed to be enough hours in the day to complete everything I needed to do. I was overwhelmed and discouraged.

I kept asking myself if I wanted to live with who I had become or did I want to change? I could complain about it all the time or get busy and do something, but where would I possibly get the motivation to change?

I also thought over and over and over, where would I ever begin to make changes in my life? The voice in my head would tell me, "This is the way you have been all of your life. You will never change."

I wanted a better road for my life, so even though there was fear in my heart, I decided it was time to begin a Journey of Change. I knew that it might not be easy, but I would trust God to carry me through.

It is now many years later and God has transformed this caterpillar into a butterfly and I am ready to fly.

Do you want a better road in your life? It will begin with a choice. If you choose to continue reading this book, I want you to know that you are not alone. We will be with you all the way.

As you begin this Journey of Change, pray that God will encourage you to follow through. Pray the following prayer.

***Dear God,
Please go before me on this Journey. Please speak to me and help me to find the time to be alone with you. Help me to hear your voice and then obey it. Thank you for what you are going to do.
In Jesus Name, Amen***

Now you might ask, "What is this Journey of Change all about?" Continue reading to find out.



My LISTENING Room

**Imagine yourself at the entry door of a room.
Your favorite book is in your hand.
You want to concentrate on what you are reading.
You open the door and look around.
What does your room look like?
Here are some ideas from people
in your community.**

“My room is high overlooking a lake. I have beautiful scenic pictures hanging on the walls. The room is painted in a bright yellow and has white furniture. Live plants are hanging from the ceiling.”

“My room needs to be quiet. I am sitting in my big reclining chair with the massager on. No one will interrupt me.”

“My room has many windows and the sun is shining brightly all around. It is peaceful and quiet outside. God’s creation is everywhere I look. I am sitting in a reclining chair with a cool glass of water on the nightstand. The windows are open, and I feel a gentle breeze throughout the room. I am alone.”

“My room is in the basement of my house. It is located in the corner of the room. A lava lamp is sitting on the table. I am sitting on a long, soft couch with a warm blanket over me. There is a soft light above my head, just enough to see the words.”

“My room has pretty sunflower wallpaper. It is completely clean and there is no junk lying around. The lighting is from a lamp. I am sitting in an oversized chair with a footstool at my feet. I want it to be quiet, and I am, of course, all alone with God.”

Here is a description of My LISTENING Room.



“It is a tiny walk-in closet with a small desk and chair. I have a stereo that I bought at a garage sale for \$5.00. I also have headphones to listen to my favorite music. The power cord runs through the closet and out the door. My chair is located between my hanging clothes, which are on each side of my closet. There are several pictures of doors which are hung on the wall where I can see them. When I shut off the light, everything is quiet and dark. Each day I open the door to this room and go into it. Oh yes, the book in my hand is my Bible.”

As you read the descriptions of the different listening rooms, everyone had different ideas of how their room would look. God made everyone unique.

YOUR ASSIGNMENT

My Journey Journal (A simple notebook)

Write a description of what your Listening room will look like.

Stop Reading and think about this. Write your LISTENING Room description in your My Journey Journal.

Now you may not be able to create this LISTENING Room in your life now, but you can do like I have done and put together something to create your own space to be alone with God.

When you have found and put together your LISTENING Room, go into it and continue reading this book.

**ARE YOU IN YOUR LISTENING Room?
Then you are almost ready to begin...**

My Journey Journal

Throughout my life I have written daily Journals of my thoughts and feelings. I have suitcases full of them. I have found that writing things helps me to understand my thoughts and to remember them. I have always done them like I was talking to God.

So, as I began my Journey of Change, I realized the only way I could keep track of everything was to write in a Journal.

We encourage you to write your thoughts in a Journal each day and date it.

Let's Begin

It's time to start your Journey of Change.

Journey Tips:

Tip One

You will need a Bible, your Journey Journal, pen and a dictionary.

Tip Two

At beginning of every daily Journey we encourage you to take time to confess your sins. This is very important!

Tip Three

Many of the Bible verses are written out, but we encourage you to look up any additional verses in your own Bible. These verses were quoted from the New International Version of the Bible, but you can use any version. Many verses are repeated to help you to memorize them.

Tip Four

We encourage you to look up the words we have selected in your dictionary.

Are you ready to begin your Journey of Change?



SPIRITUAL Journey

Help, I want to get off this treadmill!

Day One

**Is your life racing past you? At the end of a day,
do you wonder what you really did with your day?
Do you want to get off the busy
treadmill in your life?**

I wanted to “get off the treadmill” in my life so.....much. But how could I do it? I desperately wanted to slow my life down; so I began thinking about it, praying about it, and then I slowly started taking actions to make it happen. I was afraid! Change is not easy. In fact, change is difficult; but I could sit and complain about the state I was in, or do something about it.

I believe with all of my heart that any change in our lives begins on the Inside. All of my attitudes and actions begin there. I also believe that God is the only one who can help me through this. He can give me the courage, the strength and the wisdom to know where to begin, and what I should do next.

What do I need to do first? I need to STOP and get off this busy treadmill of life that I put myself on. I am involved in too many things. I am doing everything for others. I do not take the time for myself. I do not even know how to have fun anymore. How can I get off of

this busy treadmill when I should be working? I need to help with our finances so it seems like I cannot cut that out. What can I do? Is it really possible to slow my life down?

This is the challenge for the week. We need to ask ourselves, "DO I WANT TO GET OFF THE BUSY TREADMILL OF LIFE?" I would like to encourage you to go on a Journey of change. When the week is over, let's come back together and see what we have learned. We will talk a little each day.

Day One
Help, I want to get off this treadmill!



Matthew 6:6

But when you pray, go into your room,
close the door and pray to your Father, who is unseen.
Then your Father, who sees what is done in secret,
will reward you.

Open the door to Your LISTENING Room...

Your Journey begins...



Day One

Power in Music

Sit still, close your eyes, and "LET GO."
Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

1 John 1:8-9

Psalm 103:12

Powerful Praise

Psalm 92:1-2

Dear God,

What has happened in my life? I feel like I am on a treadmill, constantly running this way and that. There are so many things that demand my attention; my family, work, the daily requirements just for living, the activities, and the commitments. It would be so nice to slow down and "jump off," but is that possible? Please SPEAK to me about my hectic lifestyle.

Ecclesiastes 3:1, 9

There is a time for everything, and a season for every activity under heaven...

What does the worker gain from his toil?

Ecclesiastes 3:1-13

Dear God,

Is there a time for everything? Sometimes I am so busy, it is hard to distinguish what is REALLY important. I do not know where I would begin to organize my life. I have been asking myself, "Is this REALLY what I desire for my life?" God please SPEAK to me, I want to LISTEN.

Hosea 10:12

Sow for yourselves righteousness, reap the fruit of unfaithful love, and break up your unplowed ground; for it is time to seek the LORD until he comes and showers righteousness on you.

Matthew 11:28

Dear God,

Is it time to seek the Lord? Do I want to get off this treadmill? Can you really help me? Where should I start?

Psalms 90:12

**Teach us to number our days aright,
that we may gain a heart of WISDOM.**

Proverbs 4:7

Dear God,

What does numbering our days mean? Is it making each day REALLY count? Would knowing what is important in my life be a good beginning? Once that is established, the hard part begins. I would need to re-organize my life to make sure what is important to me is a part of my life. It takes wisdom to do this. Please give me wisdom.

James 1:5-6

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given him.

But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind.

Proverbs 2:6

Dear God,

I need wisdom to organize my life. The Bible says, if I lack wisdom, when I ask you for it, you will give it to me. I think it is time to ask you for wisdom.

Prayer Power

Ask God to fill you with wisdom.

Dear God,

I need to believe that you will give me wisdom to “get off the busy treadmill” of life. You will help me to understand what is important in my life. As I look at this it seems impossible, but I need to believe you can help me.

Matthew 19:26
Jesus looked at them and said,
“With man this is impossible,
but with God all things are possible.”

Mark 9:23

Dear God,

I cannot do this on my own, but with you anything is possible. Together we can re-organize my life! Our Journey today is almost over. Thank you for SPEAKING to me. I want to take a few minutes to praise you.

Psalm 8:1
O LORD, our Lord,
how majestic is your name in all the earth!

1 Chronicles 29:10-13

My Journey Journal

Take a few minutes and think about what is important in your life.
Write your thoughts in your My Journey Journal.

Prayer Power

Pray about what is important in your life.

Mark 12:28-31

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?”

**“The most important one,” answered Jesus,
“is this: Hear, O Israel, the Lord our God,
the Lord is one.**

**‘Love the Lord your God with all your heart and
with all your soul and with all your mind and with
all your strength.’**

**The second is this:
‘Love your neighbor as yourself.’
There is no commandment greater than these.”**

**Matthew 21:22
If you believe,
you will receive whatever you ask for in prayer.**

**Thankful Praise
Psalm 7:17**

Power in Music
Meditate on the words of your favorite Christian music.

This is the end of Day One. Continue your Journey tomorrow.



SPIRITUAL Journey

Help, I want to get off this treadmill!

Day Two

Do you know what is most important to you?

The way I live my life does not always show what is most important to me. My lifestyle often makes me rush through everything I do. I am so busy that it is hard to enjoy anything. The financial pressures of life control me. The pressures of daily living keep me running.

It is a choice on my part if I want to make any changes, but change is not easy. If I do not work to change now, I might look back on my life with regrets. I have had many people say to me, "I wish I would have..." or "I wish I would not have..."

I am ready to begin making changes in my life. The Bible says in the gospel of Mark, "With God all things are possible," so with God's help I can do it. I want to encourage you that you can change too. We are in this together. God will direct us. All it takes is listening to him as he speaks to us.

I do want to change. The time is now. It is the end of the way I used to live and the beginning of a changed life.

Day Two
Help, I want to get off this treadmill!



Matthew 6:6

But when you pray, go into your room,
close the door and pray to your Father, who is unseen.
Then your Father, who sees what is done in secret,
will reward you.

Open the door to Your LISTENING Room...

Your Journey begins...



Day Two

Power in Music

Sit still, close your eyes, and “LET GO.”
Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Isaiah 53:6

Psalm 103:12

Powerful Praise

2 Samuel 22:47

Dear God,

What is important in my life? Let's Journey way down deep into my heart, and bring to the surface my priorities. So much of the time I do what I have to do. Is that what is important? Could I re-organize the things that are not important by giving them to someone else? What do you think about priorities in a person's life? Please SPEAK to me! I will LISTEN.

What is the dictionary definition of PRIORITIES?
What does the Bible say about PRIORITIES?

LOVE GOD

Matthew 22:36-39

**Teacher, which is the greatest commandment in the Law? Jesus replied,
“Love the Lord your God with all your heart and with all your soul and with all your mind.
This is the first and greatest commandment.
And the second is like it.
Love your neighbor as yourself.”**

LOVE YOUR FAMILY

1 Timothy 5:4b

...learn first of all to put their religion into practice by caring for their own family and so repaying their parents and grandparents, for this is pleasing to God.

My Journey Journal

Take some time to think about this. It is IMPORTANT!
Write down the top five things that you want as priorities in your life!

Power in Music

Listen to the words of the song and think about what is going on in your life right now.
Are those priorities apparent in your life?

Dear God,

Do I have my priorities in order? It is so hard. There are so many things that have to be done. I barely have time to do anything for myself. I am tired out! What can I do?

Job 3:26
I have no peace, no quietness;
I have no rest, but only turmoil.

Luke 5:16
But Jesus often withdrew to lonely places
and prayed.

Luke 6:12

Dear God,

Jesus withdrew to lonely places to pray. He needed your guidance in what he was facing. As I think about my priorities, do they include spending time with you? Jesus is my example. He faced many challenges and hardships. He realized that no matter what was happening, he needed to escape and find time to be with you. Could that be my problem? Do I make time to be alone with you? This is what My LISTENING Room could be for me. It is where I can spend time learning from you about how to get off the busy treadmill of life. This is what I am doing this week. It feels good. Please SPEAK to me about this treadmill I am on.

Matthew 6:33-34
But seek first his kingdom and his righteousness,
and all these things will be given to you as well.
Therefore do not worry about tomorrow,
for tomorrow will worry about itself.
Each day has enough trouble of its own.

Matthew 6:25-34

Dear God,

What does it actually mean to seek your kingdom? Is it a heart attitude? I have to work in our world, but what motivates me in all that I do? Is it to get more things or to honor you with my life? I think it would be good to take a few minutes and think about this. What motivates me in all that I do?

My Journey Journal

Think about these questions and write down your thoughts.

Prayer Power

Pray that God will show you what is really in your heart about this treadmill that you are on.

2 Thessalonians 2:16-17

**May our Lord Jesus Christ himself and
God our Father,
who loved us and by his grace gave us eternal
encouragement and good hope,
encourage your hearts and strengthen you in every
good deed and word.**

Dear God,

As our Journey for today comes to a close, please help me to understand more about myself. What choices do I make that put me in the state I am in? Please encourage me and strengthen me this day. Go before me in all that I do and teach me what is important in my life?

Thankful Praise Psalm 28:7

Power in Music

Meditate on the words of your favorite Christian music. This is the end of Day Two. Continue your Journey tomorrow.



SPIRITUAL Journey

Help, I want to get off this treadmill!

Day Three

Do you want to get off the busy treadmill of life?

Are you ready to STOP and take a good look at your life? Do you REALLY want to continue in all that you are doing? Do you think it is impossible?

REMEMBER, all things are possible with God. When you spend time with him, he makes everything in life come together.

What is important to you? If you do not know, spend the day thinking about it. Any change begins with a choice.

Are you ready to make a choice? Will it be a life changing choice?

Day Three
Help, I want to get off this treadmill!



Matthew 6:6

But when you pray, go into your room,
close the door and pray to your Father, who is unseen.
Then your Father, who sees what is done in secret,
will reward you.

Open the door to Your LISTENING Room...

Your Journey begins...



Day Three

Power in Music

Sit still, close your eyes, and "LET GO."
Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Psalm 51:1-2

Psalm 103:12

Powerful Praise

Psalm 89:5

CHOICE

(Dictionary Definition)

Joshua 24:15

**But if serving the LORD seems undesirable to you,
then choose for yourselves this day whom you will
serve, whether the gods your forefathers served
beyond the River, or the gods of the Amorites in
whose land you are living.**

**But as for me and my household,
we will serve the LORD.**

Proverbs 8:10

Dear God,

Joshua made a choice whether he would serve the world around him, or you! Is this what I need to do, make a choice?

Romans 8:5-8

Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. Those controlled by the sinful nature cannot please God.

Romans 8:9-10

Luke 16:13

Dear God,

Who is controlling me? What controls my life? What is my purpose in life? Money is very important in our world. We need it to survive. The desire for more THINGS could motivate a person to over-work. Money could become a consuming god. I like to have things in my life. Regarding money, is my heart attitude right? Please speak to me, I am LISTENING.

Ecclesiastes 5:10

Whoever loves money never has money enough; whoever loves wealth is never satisfied with his income. This too is meaningless.

Matthew 6:24

1 Timothy 6:10

Dear God,

What is my heart attitude regarding money? Is it my god? Do the things of the world control me?

2 Peter 2:19b

**...for a man is a slave
to whatever has mastered him.**

Prayer Power

Speak with God about your attitude regarding money.
If you realize that money could be a “god” in your life,
confess your sin to God.

Dear God,

My attitude towards money is my choice. If I allow money or things of the world to control me, it could consume me. When anything consumes a person, it could put their life out of balance. What choices do I need to make to bring me closer to balance in my life?

PRAY

Mark 1:35

**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.**

TRUST

Psalms 32:8

**I will instruct you and teach you in the way you
should go; I will counsel you and watch over you.**

BELIEVE

Matthew 19:26
Jesus looked at them and said,
“With man this is impossible,
but with God all things are possible.”

My Journey Journal

Write a letter to God telling him
your feelings about your Journey today.

Prayer Power

Pray that God will teach you what you need to do
to make changes in your life.

Thankful Praise **Psalm 30:12**

Power in Music

Meditate on the words of your favorite Christian music.

This is the end of Day Three. Continue your Journey tomorrow.



SPIRITUAL Journey

Help, I want to get off this treadmill!

Day Four

Is MONEY a god in my life?

I do not know if money is a “god” in my life, but it sure is nice to have some. It probably depends on my attitude. Does my desire for money or the love for the things of the world keep me from spending time in My LISTENING Room?

Should I find time in my busy life to go into My LISTENING Room and spend time alone with God? Jesus needed it, perhaps I need it too. If a person never spends time with God, how is he going to know if he enjoys it or not?

It has been said if you do something 21 days in a row it becomes a habit. Do you have the desire to know more about God? Are you willing to find out what spending time with God daily will do in your life? Do you think you can do this? It is challenging, but with God all things are possible.

I wonder where we are going on our Journey today. I hope you will come along.

Day Four
Help, I want to get off this treadmill!



Matthew 6:6

But when you pray, go into your room,
close the door and pray to your Father, who is unseen.
Then your Father, who sees what is done in secret,
will reward you.

Open the door to Your LISTENING Room...

Your Journey begins...



Day Four

Power in Music

Sit still, close your eyes, and “LET GO.”
Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Isaiah 59:2

Psalm 103:12

Powerful Praise

Psalm 19:1

Dear God,

I need to believe that you can help me to find balance in my life. I want to get off this busy treadmill. I am not sure I know how to begin. If I want you to show me, I need to commit to spending some time with you daily. This will mean adding something more to my busy day which means I may need to eliminate something. Please fill me with the desire to spend time with you daily.

James 4:8a
Come near to God and he will come near to you.

Matthew 11:28

Psalm 68:19

Psalm 55:22

Dear God,

If I come near to you, you will come near to me and lift my burdens. The reason I become involved in many things is because they make me feel good at first. It could also be that I want more things of the world. Whatever the reason, I have become too busy, and I am getting worn out. I need help.

1 Peter 5:7
Cast all your anxiety on him
because he cares for you.

Psalm 25:5

Psalm 48:14

Psalm 73:24

Proverbs 4:11-13
I guide you in the way of wisdom and lead you
along straight paths. When you walk, your steps
will not be hampered; when you run, you will not
stumble. Hold on to instruction, do not let it go;
guard it well, for it is your life.

Dear God,

If I want anyone or anything to guide me, I need to spend time with them to know what I am to do. I would not even think of ignoring them because I know that I need to communicate with them if I want their guidance. I believe it needs to be the same with you. If I want you to guide me, I need to spend time with you.

Prayer Power

Speak to God. If you want him to guide you, tell him.
Ask him to help you find the time to be with him.

**COMMUNICATION WITH GOD INVOLVES BOTH
SPEAKING AND LISTENING TO HIM.**

PRAYER

SPEAKING (Dictionary Definition) **to God**

Isaiah 65:24

**Before they call I will answer;
while they are still speaking I will hear.**

Isaiah 58:9a

STUDY OF SCRIPTURE

LISTENING (Dictionary Definition) **to God**

1 Samuel 3:9b

Speak, LORD, for your servant is LISTENING.

Hebrews 4:12

Dear God,

You want our communication to be open. Communicating involves both SPEAKING and LISTENING to you and sometimes it is so hard to find the time. If I really want to get off this treadmill, I need to begin spending time with you. How will you guide me if I am not communicating with you?

Isaiah 58:11a
The LORD will guide you always...

Psalm 107:30
They were glad when it grew calm,
and he guided them to their desired haven.

Psalm 31:14, 15a
But I trust in you, O LORD; I say,
“You are my God.” My times are in your hands...

Dear God,

I will trust you to guide me as I begin to seek ways to get off this treadmill. I do not think it will be easy, but I will trust you to help me.

Prayer Power
Give your challenges to God.

My Journey Journal
Write a letter of commitment to SPEAK and LISTEN to God daily.

Thankful Praise
Psalm 35:18
Power in Music
Meditate on the words of your favorite Christian music.

This is the end of Day Four. Continue your Journey tomorrow.



SPIRITUAL Journey

Help, I want to get off this treadmill!

Day Five

Do you believe that God will guide you?

If you ask God to guide you, it is very important to believe that he will. If we do not take the time to SPEAK (prayer) and LISTEN (Bible) to God, we will not know what he is saying. This is why I like My LISTENING Room so much. When I spend time communicating with God, I can REALLY hear his voice. You know what? He REALLY does SPEAK to me.

Sometimes it blows my mind how specifically he will speak to me. When I first discovered that God REALLY does speak to me, I could not read the Bible enough. I longed for him to speak to me. He wants to speak to anyone who takes the time to listen. You are doing that on this Journey! Yea!

If I believe that God will guide me, then I do not have to worry about it. I can tell him what is in my heart, and what my fears are, and trust that he will help me with them. That sure makes me feel good in this world that is sometimes so.....hard.

Day Five
Help, I want to get off this treadmill!



Matthew 6:6

But when you pray, go into your room,
close the door and pray to your Father, who is unseen.
Then your Father, who sees what is done in secret,
will reward you.

Open the door to Your LISTENING Room...

Your Journey begins...



Day Five

Power in Music

Sit still, close your eyes, and “LET GO.”
Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Psalm 32:1-5

Psalm 103:12

Powerful Praise

Psalms 59:16-17

Dear God,

You are my fortress. I need to remember this because making changes in my life can be very hard. The thought of slowing down the pace sounds wonderful, but I am worried about the consequences. I am afraid. What is the next step? Please God help me.

Isaiah 35:3-4a

**Strengthen the feeble hands, steady the knees that
give way; say to those with fearful hearts,
“Be strong, do not fear; your God will come.”**

Isaiah 41:10

Dear God,

I do not need to fear. You will be there. You will uphold me and help me. If there is something I need to change in my life, help me to have the courage to begin the change process. Guide me and help me to find rest. I long for rest and relaxation.

Isaiah 49:10b

**He who has compassion on them will guide them
and lead them beside springs of water.**

Isaiah 42:16

Dear God,

You will be my guide. If you want me to slow down, you will show me. You want what is best for me. You will guide me.

Isaiah 52:12b

**...for the LORD will go before you,
the God of Israel will be your rear guard.**

Jeremiah 31:9b

**I will lead them beside streams of water on a level
path where they will not stumble...**

Jeremiah 6:16a

Dear God,

Help me to find the “good way,” which would be the best path for my life. There are so many things I can be doing with my life, but you have a plan that is good. I want to simply find your plan and then move in that direction.

Psalm 27:11a
Teach me your way, O LORD;
lead me in a straight path...

Luke 1:79b
...guide our feet into the path of peace.

Proverbs 4:11-13

Dear God,

Teach me your path for my life and give me peace. I long to discover it. I surrender to your “good way” in my life! I trust that you will make me understand which way to go, what to let go, and what is most important to you.

Proverbs 4:25-27
Let your eyes look straight ahead,
fix your gaze directly before you.
Make level paths for your feet
and take only ways that are firm.
Do not swerve to the right or the left;
keep your foot from evil.

Proverbs 3:5-6

**Trust in the LORD with all your heart and lean not
on your own understanding; in all your ways
acknowledge him, and he will
make your paths straight.**

Proverbs 22:17-19

Dear God,

Change does not happen over night, but if I trust in you, it will come. I find when I am running around doing everything else except spending time with you, I lose sight of the fact that I do not need to do it on my own. I can trust you. When I trust in you, peace will happen in my life. I want peace more than anything.

Psalm 34:14

**Turn from evil and do good;
seek peace and pursue it.**

Proverbs 14:30a

A heart at peace gives life to the body...

2 Thessalonians 3:16

Dear God,

I am going to trust that you will help me to get off this treadmill and find peace in my life.

Prayer Power

Thank God for what he is doing in your life.

My Journey Journal

Think about what your first step of change should be.
Write a commitment to God about what you will do.

Thankful Praise
Psalm 107:1

Power in Music

Meditate on the words of your favorite Christian music.

This is the end of Day Five. Continue your Journey tomorrow.



SPIRITUAL Journey

Help, I want to get off this treadmill!

Day Six

Do you want peace and rest in your life?

Is that a silly question? Everyone wants peace and rest in their lives. Do you have it now? Honestly, I do not have it right now, but I believe as I continue on this Journey, peace and rest will start to shine through.

Imagine yourself sitting on a sandy beach gazing out at the ocean. The sun is about to set. The sky is bright orange as the rays of the sun glimmer across the water, and the only sound you hear is the gentle splashing of the waves rolling in.

DOES THAT SOUND PEACEFUL TO YOU? It does to me. I long to have peace. I believe I can have peace. All I need to do is trust God.

Well, I am ready to do that, are you?
Let's shut our eyes and allow God to take us to that peaceful setting.

Day Six
Help, I want to get off this treadmill!



Matthew 6:6

But when you pray, go into your room,
close the door and pray to your Father, who is unseen.
Then your Father, who sees what is done in secret,
will reward you.

Open the door to Your LISTENING Room...

Your Journey begins...



Day Six

Power in Music

Sit still, close your eyes, and "LET GO."
Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Leviticus 5:5a

Psalm 103:12

Powerful Praise

Psalm 150:2

Dear God,

It seems like a long time since my life has been peaceful. I long for it. I desire to experience rest more than anything. I want joy to flood my soul. Please God, as we Journey today, fill me with your peace and joy! I know the Journey of change in my life will not be easy, but I long to experience peace and joy knowing that I am acting in obedience to you.

Psalm 62:1
My soul finds rest in God alone;
my salvation comes from him.

Exodus 33:14
The LORD replied, “My Presence will go with you,
and I will give you rest.”

Isaiah 11:2

Dear God,

You will give me rest. This fills me with great anticipation. **SPEAK** to me about my part in finding this rest. Help me to find the time to go into My LISTENING Room and **LISTEN** to you. The hardest part will be hearing your voice and then obeying. Please help me to know your voice.

Isaiah 30:21
Whether you turn to the right or to the left, your
ears will hear a voice behind you saying,
“This is the way; walk in it.”

Deuteronomy 32:1

Dear God,

The Bible says that I can hear your voice speaking to me. Please make your voice clear to me. I need to hear what I should be doing. When I do hear, help me to obey.

Deuteronomy 5:27b
We will listen and obey!

John 15:10-11

If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.

I John 2:5

Dear God,

When I take time to go into My LISTENING Room, you will **SPEAK** to me. As I listen and hear, I must obey. If I obey, my joy will be complete. I desire peace and joy in my life. I know you can give it to me. Please God, help me to obey your voice, and experience peace and joy in my life.

Psalm 29:11

**The LORD gives strength to his people;
the LORD blesses his people with peace.**

Psalm 34:14

1 Corinthians 14:33

For God is not a God of disorder but of peace.

Proverbs 14:30

Dear God,

You are not a God of disorder. You are not the one that put me on a treadmill. I am the one who does that, but you are the one who can rescue me and fill me with joy. God, rescue me, lead me, guide me and create peace in my life. I know when peace appears, joy will follow.

RESCUE

Psalm 69:13-14a
But I pray to you,
O LORD, in the time of your favor;
in your great love, O God, answer me with your
sure salvation. Rescue me from the mire,
do not let me sink...

Psalm 91:14

PEACE

Isaiah 55:12
You will go out in joy and be led forth in peace; the
mountains and hills will burst into song before you,
and all the trees of the field will clap their hands.

Luke 1:79

JOY

Psalm 16:11
You have made known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

Psalm 4:7a

Prayer Power

Pray that God will rescue you, lead you, guide you,
and fill you with peace and joy.

My Journey Journal

How are you feeling right now?
Write what you are thinking in your Journal.

**Thankful Praise
Psalm 108:1**

Power in Music

Meditate on the words of your favorite Christian music.

This is the end of Day six. You have completed this Journey.

My Journey Journal
Thoughts and Reflections

Our Journey with God has taken us to a lot of places.

- ✓ We can pray anywhere; but finding our LISTENING Room helps us to focus on our Prayer Time.
- ✓ We need to CONFESS our sins to have open communication with God.
- ✓ We need to BELIEVE God will answer.
- ✓ We need to pray about EVERYTHING. Nothing is TOO small.
- ✓ There is Power in Prayer. We need to pray!

It has been great going on our Journey with God together.

Where do I go from here?

We invite you to go on another Journey with God.



In our fast paced society it is hard to STOP and find time for God on a daily basis. We realize God wants to build a love relationship with us, but often we do not know where to begin. Our ministry wants to help you on your Journey of building a love relationship with God.

We have discovered that people are motivated to find time to read the Bible when it relates to something they are experiencing in their lives. This is why we have developed our topical Bible Journeys with God. These Journeys will encourage people with different life situations

Listed below are the topical Journey titles. Each Journey lasts for six days and will take you 10-15 minutes to complete. You may choose either the written or CD version. They are grouped into sessions, but can be used separately.

Journeys with God

Spiritual

1. Help, I want to get off this treadmill!
2. A New Beginning
3. Where do I begin God?
4. Power in Prayer

Marriage

1. Remember when we first met?
2. MARRIAGE Makeover
3. Do I have JOY in my life?
4. Let's Begin Again!

Family

1. What is a FAMILY?
2. FAMILY Makeover
3. Forgive and Forget the Past
4. RELATIONSHIIPS

Physical

1. My Body Needs a MAKEOVER
2. Do I REALLY want to give up this CRAVING?
3. God I Need Your Strength
4. The Key to Life is BALANCE

Financial

1. FINANCIAL Makeover
2. My Job is Getting me Down
3. I'm Forgiven
4. I SURRENDER

Fun

1. I don't know how to have fun!
2. FUN Makeover

Dream

1. What should I do with my life?
2. DREAMS

Congratulations

You have completed your 6-day
Journey with God



Encouraging people to build a love relationship with
God by speaking and listening to him daily.

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