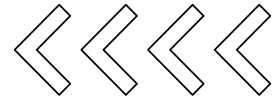


WILDERNESS SEASONS

CHRISTY MILLER BELL

5-DAY DEVOTIONAL & PRAYER JOURNAL





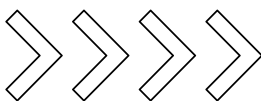
Day One

ISAIAH 30:20-21

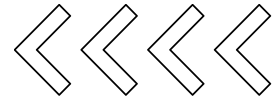
Bread and water are often used as a reference to prison. Paul wrote many of his letters from prison, yet he found joy in the presence of the Lord.

Read Philippians 4:4-13.

What was the secret to Paul's joy? Write a prayer asking God to help you find joy today.



Ask God to help you find joy in painful circumstances.



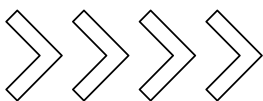
Day Two

ISAIAH 30:20-21

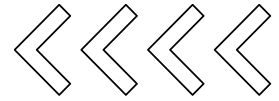
God often allows us to go through difficult circumstances to develop our character.

Read James 1:2-5.

**How has your character grown through hard times?
Journal about a difficult time that helped you grow.**



Ask God to give you wisdom to understand your situation.



Day Three

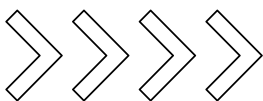
ISAIAH 30:20-21

Sometimes the painful places we find ourselves are because of our own choices. Other times, after closer examination, we discover our suffering is a part of God's plan.

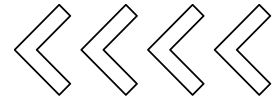
Read 1 Peter 4: 12-19.

Examine your life. Confess anything that God reveals as sin. Ask him to give you clarity about your present situation.

Write a prayer confessing your dependence upon him.



Thank God for forgiveness and restoration. Ask him to help you trust him more in this time of trial.



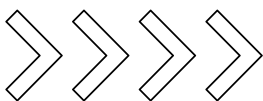
Day Four

ISAIAH 30:20-21

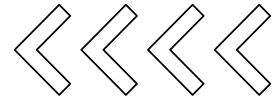
It sometimes makes our suffering easier to bear if we know there is a greater purpose.

Read 2 Corinthians 1:3-7.

Paul endured many trials as he shared the Gospel, but he looked to God as his source of comfort. According to this passage, what greater purpose does God have in mind when we suffer? Write out ways you can put this into practice.



Give God glory for allowing you to be able to help others who suffer.



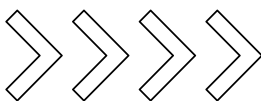
Day Five

ISAIAH 30:20-21

We can have hope that the suffering we endure in this life will not last forever.

Read 2 Corinthians 4:8-10 & 16-18.

**How do our troubles compare in the span of eternity?
Write a prayer, poem, or song thanking God for the hope we have in our future.**



When the suffering is hard to bear, ask God to help you see it from an eternal perspective.