



BISHOP DWAYNE C. DEBNAM, PASTOR

QUICK HITS
WEEKLY DEVOTIONAL JOURNAL

i365

OUR *2019* COMMITMENT
Experience!

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#i365MSBCBestLife

Commit your actions to the LORD,
and your plans will succeed.

PROVERBS 16:3

This journal is a declaration of moving from 'going to' to 'doing' providing opportunities for reflection, refocus, and renewed commitment. These weekly devotionals are meant to inspire and encourage as together we face challenges, release fears, and fully trust God for direction and guidance in every area of our lives.

Step 1: Read the scripture and let it resonate within.

Step 2: Read the Quick Hit Inspiration and meditate on it for a few moments.

Step 3: Pray and ask God to reveal the scripture and the Quick Hit Inspiration in a greater way.

Step 4: Reflecting upon the scripture and the Quick Hit inspiration, begin jotting down 1 to 2 ways they can be fulfilled in Serving, Learning, Sowing, and Sharing. Keep in mind this is a tool to help us identify areas we will commit to doing better in the NOW.

Step 5: Repeat Steps 1-4 every day for one week. It's okay if you do not write something new every day, but every page should have something in all 4 boxes by the end of the week.

When using this along with the 12-Month Plan, the expectation is that God will reveal how with Him, those God-sized assignments are certainly achievable, attainable, and will be brought into existence in due time.

Let's begin our i365 Journey!

Week 1. *But he would withdraw to desolate places and pray. Luke 5:16*

Jesus often took time out to pray. Since He thought it was important, how much more important should it be for us? Prayer is expected! Will you pray?

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Week 2. *...no weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servants of the Lord and their vindication from me, declares the Lord ~Isaiah 54:17*

No weapon formed against you shall prosper, and every tongue which rises against you in judgment, you shall condemn. RECEIVE IT! BELIEVE IT! LIVE IT!

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Week 3. *For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. ~Isaiah 55:8-9*

Living in strange times, it's very natural to be worried. However, scriptural truth indicates our thoughts are not his thoughts. Trust In God, He makes no mistakes.

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Week 4. *When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. ~Psalm 27:2-3*

It might look like I'm surrounded, but I'm surrounded by God. What adversaries or foes do you need to tell God about?

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Week 5. *Give thanks in all circumstances; for this is the will of God in Christ Jesus for you. ~1
Thessalonians 5:18*

As I ponder over my life, I have so much to be thankful for. Lord I thank you for what it IS,
and hallelujah, I praise you for what it is NOT.

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Week 6. *For you have need of endurance, so that when you have done the will of God you may receive what is promised. ~Hebrews 10:36*

Life is not always easy, but pray and ask God to give you endurance for this race, and for safety from the attacks the devil tries to send.

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Week 7. *Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. ~Isaiah 41:10*

Faith or Fear. Basically, there are two paths you can walk: faith or fear. It's impossible to simultaneously trust God and not trust God. - Charles Stanley

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Week 8. *Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. ~Isaiah 41:10*

When life sets in and gets hard, it's difficult to put all your trust in God. However, fear has no room in our lives, so keep pressing! Faith Forward

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Week 9. *Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. ~Isaiah 41:10*

Stop worrying. God has you covered. I decree and declare that fear has no room in your life. Keep moving. You're going to make it! Exercise your FAITH!

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Week 10. *pray without ceasing, ~1 Thessalonians 5:17*
Have I Prayed today?

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Week 11. *And let us not grow weary of doing good, for in due season we will reap, if we do not give up.*
~Galatians 6:9

I will not give up today. I will reap a harvest. I will be rewarded for my obedience.

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Week 12. *But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. ~Ephesians 2:4-10*

Some kind of Love, some kind of Grace, some kind of Gift, some amazing Kindness has been given to each of us. Are we taking advantage of what's free?

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Week 13. *The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever. ~Psalm 23*

It's a comfort knowing that the Lord is our loving Shepherd who watches over us. So, when facing life's challenges; go knowing that God's goodness and mercy follow you.

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Week 14. *In hope he believed against hope, that he should become the father of many nations, as he had been told, "So shall your offspring be." He did not weaken in faith when he considered his own body, which was as good as dead (since he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised. ~Romans 4:18-21*

Whose report will you believe? God's or false evidence appearing real, (fear), the choice is yours. Life presents us with situations that test our faith. Believe God.

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Week 15. *For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. ~Isaiah 55:8-9*

Think about a time when things didn't look good but God turned it around. Now thank Him for how He has honored your trust in Him.

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Week 16. *For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. ~Jeremiah 29:11*

Father God I don't know what each day has in store for me, however, I acknowledge and am grateful, that you know the plans you have for me.

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Week 17. *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ~Philippians 4:6*

Even in stressful circumstances, prayer brings peace. Have you given your stressful circumstances over to God?

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Week 18. *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*
~Philippians 4:6-7

In today's world, with acts of violence towards the innocent and weak, and mass shootings in our churches and schools. God wants us to take action and pray.

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Week 19. *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ~Philippians 4:6*

How often do we look at our world, feeling helpless? God does not want us to be anxious, but to present all requests to Him.

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Week 20. *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*
~Philippians 4:6-7

With God we can conquer anything. It's our personal relationship that brings us close to God who gives us peace in times of uncertainty. Intentional prayer works.

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Week 21. *Paul, Silvanus, and Timothy, To the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace to you and peace. We give thanks to God always for all of you, constantly mentioning you in our prayers, remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ. For we know, brothers loved by God, that he has chosen you, because our gospel came to you not only in word, but also in power and in the Holy Spirit and with full conviction.... ~ 1 Thessalonians 1*

Suffering may be a message for others who observe how we receive the message of God and remain faithful in our hard work, love, endurance, and hope.

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Week 22. *The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore. ~Psalm 121:7-8*

The Lord our God promises to protect us from all hurt, harm and danger now and forever. Will you seek God's protection on this day and always?

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Week 23. *For to me to live is Christ, and to die is gain. ~Philippians 1:21*

Paul said, "For to me, to live is Christ and to die is gain." Will you, like Paul, strive to develop eternal values and to tell others about Christ?

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Week 24. *Count it all joy, my brothers, when you meet trials of various kinds, ~James 1:2*

Joy is the quiet, confident assurance of God's love and work in our lives. Will you strive to lean on God's grace to be happy despite your circumstances?

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Week 25. *Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ~Philippians 2:3*

Ego roars from a heart that desires recognition. Humility, however, finds strength in the recognition of others. Humility led Christ to the cross. Where will it lead you today?

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Week 26. *In all your ways acknowledge him, and he will make straight your paths. ~Proverbs 3:6*
"Father, we have a problem." Yes, He knows, but do you acknowledge His place in the solution?

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Week 27. *And Moses said to the people, "Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again. The Lord will fight for you, and you have only to be silent." ~Exodus 14:13-14*

This is how I fight my battles. What battles are you trusting God to fight for you?

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Week 28. *For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. ~Hebrews 4:15-16*

Feel like your back is against the wall? Try God and see.

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Week 29. *Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the people of old received their commendation. By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible....~Hebrews 11*

Faith is your night vision. What great things will your faith allow to come to fruition?

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Week 30. *And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. ~Philippians 1:6*

Artwork in the creative phase can be horrible. But just when you're about to turn away, it blossoms into something stunning and beautiful. You are God's handiwork. Trust the process.

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Week 31. *For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.*
~2 Corinthians 10:3-4

The War is won. Perhaps battles seem more difficult for us because we're fighting with the wrong weapons. Take anger, violence, vengeance, even litigation out of your arsenal.

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Week 32. *For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.*
~2 Corinthians 10:3-4

When you fight in the spirit, the flesh has no choice but to concede. What needs to be released to God's spirit that your flesh is unable to conquer?

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Week 33. *For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. ~Isaiah 55:8-9*

God has a plan that will strengthen his people. We may not understand what He is doing, but we have to trust that He has us in his hands.

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Week 34. *Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water? Jesus said to her, "Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."*
~John 4:10-14

Just as the physical body cannot live without water, the spiritual you is enlivened by the living waters. DRINK DAILY!

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Week 35. *And there was a woman who had had a discharge of blood for twelve years, and though she had spent all her living on physicians, she could not be healed by anyone. She came up behind him and touched the fringe of his garment, and immediately her discharge of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter said, "Master, the crowds surround you and are pressing in on you!" But Jesus said, "Someone touched me, for I perceive that power has gone out from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, "Daughter, your faith has made you well; go in peace."*
~Luke 8:43-48

Your filth won't soil Jesus. Reach out to Him. His grace will make you clean. What faith steps are you taking for God to help clean you up today?

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Week 36. *“When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, and finding none it says, ‘I will return to my house from which I came.’ And when it comes, it finds the house swept and put in order. Then it goes and brings seven other spirits more evil than itself, and they enter and dwell there. And the last state of that person is worse than the first.” ~Luke:24-26*

When God takes something foreign out of you, stay filled with Godliness and holiness so Satan has no room to return. How will you fill yourself with Godliness and holiness?

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Week 37. *The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned.*

~1 Corinthians 2:14

The Word of God is clear. It's just that unbelievers can't understand because they just don't know. Some don't know that they don't know. Who are you evangelizing to?

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Week 38. *Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. ~Proverbs 3:5-6*
Stretch out and do the unthinkable just because God says so. What God-sized thing will you trust God for?

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Week 39. *Rejoice in the Lord always; again I will say, rejoice. ~Philippians 4:4*

Be so busy rejoicing in the Lord, that there is no room for sadness, sorrow, or disappointment. How will you praise your way through?

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Week 40. *He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence..... "Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name. When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. With long life I will satisfy him and show him my salvation."* ~Psalm 91

God's got me covered, so I ain't trippin. Say what you want. I know God will work it out. What do you need to release to God?

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Week 41. *But Jesus went to the Mount of Olives. Early in the morning he came again to the temple. All the people came to him, and he sat down and taught them. The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst they said to him, "Teacher, this woman has been caught in the act of adultery. Now in the Law, Moses commanded us to stone such women. So what do you say?" This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. And as they continued to ask him, he stood up and said to them, "Let him who is without sin among you be the first to throw a stone at her." And once more he bent down and wrote on the ground. But when they heard it, they went away one by one, beginning with the older ones, and Jesus was left alone with the woman standing before him. Jesus stood up and said to her, "Woman, where are they? Has no one condemned you?" She said, "No one, Lord." And Jesus said, "Neither do I condemn you; go, and from now on sin no more." ~John 8:1-11*

Keep Calm. Respond like Jesus did. Keep it moving! What things do you need to shake off?

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Week 42. *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. ~ 1 John 1:9*

It's okay. God is waiting for you to confess it to Him, allow Him to purge you, and be forgiven. Don't you think it's time to forgive yourself?

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Week 43. *For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.*
~Matthew 6:14-15

You want God to forgive you, but you don't want to forgive others. That is not a realistic expectation. What adjustments will you have to make?

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Week 44. *And keep the charge of the Lord your God, walking in his ways and keeping his statutes, his commandments, his rules, and his testimonies, as it is written in the Law of Moses, that you may prosper in all that you do and wherever you turn, ~1 Kings 2:3*

Being in God's will results in success in everything you do. What do you need to surrender to God's will?

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Week 45. *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

~Philippians 4:8-9

A discipline in positive thinking results in a peace that contradicts chaos and turmoil. What daily positive habits will you begin?

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Week 46. *God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.*

~Psalm 46:1-3

God is a very present help in trouble. What areas need God's refuge and strength in your life?

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Week 47. *So Ananias departed and entered the house. And laying his hands on him he said, "Brother Saul, the Lord Jesus who appeared to you on the road by which you came has sent me so that you may regain your sight and be filled with the Holy Spirit." And immediately something like scales fell from his eyes, and he regained his sight. Then he rose and was baptized; and taking food, he was strengthened. ~Acts 9:17-19*

The process reveals a new outlook. What do you need God's perspective on to see all God has for you?

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Week 48. *Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. For the wrongdoer will be paid back for the wrong he has done, and there is no partiality*
~Colossians 3:23-25

Christians serve God in area of life. What areas do we need to be reminded that God is watching?

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Week 49. *No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. ~Corinthians 10:13*

Are you open to the opportunities that God provides as a way out when you are feeling cornered?

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Week 50. *Then you shall call, and the Lord will answer; you shall cry, and he will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday. ~Isaiah 58:9-10*

When you serve as unto the Lord, He withholds no good thing. What areas will you serve others greater?

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Week 51. *Death and life are in the power of the tongue, and those who love it will eat its fruits.*
~Proverbs 18:21

Careful of the words you speak. How will you intentionally speak life so you can see the good fruit?

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Week 52. *Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. ~Psalm 51:1-2*

God's mercy covers all of our faults, and blots out all of our indiscretions. Need God's cleansing?

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