

SPIRITUAL RESET

Abide Guide

Hello, Friend!

I understand what it's like to get to the middle of your life and look around and wonder why you don't feel happy. You've worked hard to achieve the things the world said would fulfill you: a healthy family, a catalog-worthy home and even career success. But yet, when you look around your life, all you see is a pile of unmet expectations. You feel empty, isolated and gripped by anxiety, and you have no idea how to fix it. Instead, day after day you look for any means to numb out from the pain in your heart.

You are not alone, friend. God sees you and is eager to meet you where you are **right now**. He wants so much more for you and is waiting for you to silence the noise of the world and turn to Him. In order to find the peace and fulfillment you desire, **you have to reject the world's definition of happiness and cultivate a deeper relationship with Christ**. We want wholeness, but we put the very One who can provide it in last place. That has to change. It's time for a spiritual reset, and I am here to share my advice on how to do it through a daily practice of spending time with the Lord.

I call it my morning Abide Time, and I have been practicing it consistently for the last four years. Through spending intentional time with God each day, I have been blessed with grace, wisdom and eternal perspective in all aspects of my life.

I want the same thing for YOU. That's why I am on mission to help you cultivate a deeper relationship with Jesus Christ and walk in the freedom of who you are in Him. I hope this spiritual reset guide helps you get there – one day at a time. May God bless you on this journey.

Warmly,
Brittany

**See I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness and
streams in the wasteland.
(Isaiah 43:19)**



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Quiet the Noise

Make no mistake, the hurry and hustle of the world will keep you from hearing the voice of God. Many times in Scripture, we see Jesus seeking solitude to pray. Whether He desired the Father's guidance or needed to grieve or simply to rest, He set an example for us to do the same. Things of this world will not yield the nourishment you need to thrive. Jesus is the answer to our every need and ailment.

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. (Matthew 7:7-8)

Before we dive in, let's take an honest look at the current state of your spirituality. On a scale from one to 10, how would you rank the strength of your relationship with God?

1 2 3 4 5 6 7 8 9 10

Isn't it so comforting to know God promises us He will be found if we seek Him? What do you hope to gain from a closer relationship with God? Write down in your journal a prayer for this journey.

Reset your spirituality in three simple steps

Step One: Prime Time

You are going to need to set aside time each day for this practice (and build up over time), so let's get really practical here. For mothers, working moms in particular, finding time to carve out for this endeavor will feel daunting, perhaps even impossible. But you are still reading this, so I know you are ready for a change. You will need to consider what time of day is going to work best for you on a consistent basis. Perhaps reading the Word over coffee before dawn really appeals to you. Maybe a lunch routine at your office desk is more feasible. Some women may also choose late at night after your family has gone to bed. As you get started, feel free to try different times to see what works – but don't abandon the effort! The goal is to consistently set aside time to meet with God.

Step Two: Select Your Spot

Location is critical. The Answer to Step One will dictate Step Two and vice versa. Take a walk around your house to find a cozy spot with enough room for your Bible and journal (and anything else you want to have on hand, like books, a commentary, etc.) and that is free of distractions (as much as is humanly possible). Make it a space you look forward to retreating to and allows you to get comfy and settle in for some prayer and reflection.

Now to the inner stuff!

Step Three: Heart Posture

Your relationship with God is about being, not doing. God does not need you to DO anything to earn His grace.

In his book “The Pursuit of God,” A.W. Tozer asserts that God is present to all people, but He manifests Himself only when we are aware of His presence. He wrote that manifestation will be the difference between a nominal Christian life and a life radiant with the light of His face.

God’s grace will eventually take you through the processes of repentance, redemption and sanctification. To start, simply give Him your devotion and time. Focus on keeping an open heart and just be.

Be Expectant

Do not think for a minute you are too far from God and beyond hope. Show up to your Abide Time expectant to have an encounter with God through His Word. In His infinite goodness, God promises to reveal Himself to you. *I love those that love me, and those who seek me diligently find me.* (Proverbs 8:17)

For most of us, when God speaks it will not be audible or visual, but rather small revelations of His character and His love for His people. Whether you are reading about the ancient Israelites or Jesus’ disciples, God’s love and faithfulness is revealed again and again. He loves you just as much and wants to be in relationship with you.

Be Prayerful

A lot of us struggle with prayer, myself included. Whether it is due to the difficulty of quieting our minds or not finding the words to describe what is on our hearts, it can be

challenging. Consider starting by thinking about the truly incredible privilege of being able to approach the Throne of God and speak directly with your Father (thank you, Jesus, for your work on the cross!). Invite Him into your life, into this moment. Confess your sins and humbly ask for His forgiveness. Ask Him to reveal Himself to you in new and powerful ways. Thank Him and praise Him for your abundant blessings.

And it's OK if you get stuck. If you are having trouble thinking of words to say, try writing your prayers instead. I find writing my prayers slows down my mind, helping me be more present. It's also incredibly therapeutic! However, some days and for some circumstances, words simply do not come. On those occasions, still yourself and listen for God. Do it for longer than you think necessary. Set a timer if you need to. Prayer is key to it all.

Be Thankful

I oftentimes feel like science is slowly catching up with Scripture. Take gratitude for example, there is a plethora of science proving that being grateful improves both your physiological and physical health, like improved sleep, fewer aches and pains, and fewer negative emotions like frustration and regret.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Phil 4:6)

Start a gratitude journal today to keep track of all the ways God is blessing you – even the trials that require endurance, for *endurance produces character and character produces hope.* (Rom 5:4)

Be grateful for your past, the present and the hope-filled future God has planned for you.

Be Reflective

All of us have had our fair share of circumstances we genuinely thought we might not make it through. Family illness, addiction, betrayal, job loss. But we are still here because God made a way through and brought us safely to the other side. In Psalm 145, we see David pour out praise in remembrance of God's deliverance:

*I will meditate on your wonderful works.
They tell of the power of your awesome works –
and I will proclaim your great deeds.
They celebrate your abundant goodness
and joyfully sing of your righteousness.*

Recalling how God has carried you through past circumstances builds your trust in Him and fortifies your faith, which will sustain you when the next trial comes along.

Be Watchful

Be looking for ways in which God is moving. One thing I love to do, especially when the going gets tough, is carry around with me a handwritten list of ways God is showing up every day. All you need is a note card or scrap of paper. Date it and start listing how you sense His presence – whether a well-timed text of encouragement from a friend, the perfect song coming on the radio or a Bible verse that speaks right into your situation. These are no coincidences. God is an on-time God, and you will be blown away when you realize how intimately aware He is of your life.

Also, there's someone else you need to keep watch for – the enemy. Spiritual warfare is real. You have an enemy who is constantly looking to exploit your weaknesses and destroy you with them. The Bible says he *prowls...seeking someone to devour*. (1 Peter 5:8) As a direct result of my Abide Time, I can clearly distinguish the voice of the enemy. You may recognize it, too - it's the voice that chimes in right after an important meeting to convince you that you looked foolish, or the one that tells you trust will never be rebuilt or that causes you to lose hope for a reconciliation. Some of the enemy's favorite schemes include wrapping you up in guilt, bitterness, resentment and shame. His singular goal is to steal your fruitfulness, to keep you frozen in fear and convinced you having nothing worthwhile to offer the world. ALL LIES.

Paul's words in Ephesians 6:10-17 lays out for us how to combat the enemy successfully: *Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.*

Today is the day

Friend, today is the day you start prioritizing what is most important - a relationship with Christ. There is no right or wrong way to do this, make your routine uniquely yours. My essential items are listed below, but feel free to incorporate other tools and methods that work best for you, and get after it!

MY ABIDE TIME ESSENTIALS:

Bible

Journal

Spiral notebook

Favorite pen (because we all have a favorite pen)

Bible safe highlighters (I love gel highlighters)

It is my greatest hope you will keep up your routine and experience Jesus' transformational, life-giving power. I would love to hear about your journey. Please email me at brittany@flourishwithbrittany.com to share your experience of encountering God.

Also, be sure to tell a friend about this guide! You can hold each other accountable to spending daily time in the Word and prioritizing your relationship with God.



ABOUT BRITTANY SEABURY

Brittany Seabury is a personal development coach and Founder of Flourish Coaching. She is passionate about creating spaces for women to connect with the truth of who they are and where God is taking them. She is on a mission to create a community of women who walk in freedom of becoming all that God has called them to be and flourish in a life lived on purpose.

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