

# **Ephesians 521 Ministries**

## *Soul Care Series*

### *Spiritual Care Tools for a Daily Walk with God*

#### **Guide Me**

*“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}*

The desire to walk closely with God often begins with a longing for direction. Faith is not always marked by certainty; often it grows quietly through reflection, trust, and small steps of obedience.

The **Guide Me** resources were created to support believers who want to grow in their relationship with God in a way that feels sincere and sustainable. These materials encourage intentional faith without pressure or performance.

Ephesians 521 Ministries offers this resource because we believe God leads His people with patience and care. Spiritual growth is not about having every answer, but about learning to trust God more deeply along the way.

Let this resource walk beside you as you listen for God’s guidance and take your next faithful step.

#### **Purpose Statement**

This resource is provided to support intentional spiritual growth and deeper trust in God’s guidance.

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#### **Tool 1** - Daily Quiet Time Starter Guide *Meeting with God Without Pressure*

##### **Step 1 – Begin with Stillness**

“Heavenly Father, I am here. Please quiet my heart before you.”

##### **Step 2 – Read a Passage of Scripture**

Choose a Psalm(s) or a section of the Gospels.

Ask: *What does this show me about God?*

##### **Step 3 – Respond in Prayer**

Thank Him, ask for help, express your concerns, fears, and needs.

##### **Step 4 – Carry One Thought with You Through the Day**

Write one phrase from scripture to remember throughout the day.

Closing Thought:

Consistency grows from small acts of faithfulness, not long sessions.

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**Tool 2** - 30-Day Scripture Reflection Journal Pages  
*Listening for God's Voice Through His Word*

#### **Daily Prompts:**

Scripture for Today: \_\_\_\_\_

What stands out to me in this passage?

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What does this teach me about God?

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How can I respond to this teaching today?

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Prayer:

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Closing Thought:

God speaks most clearly through His Word.

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#### **Tool 3** - ACTS Prayer Model Sheet

##### **A - Adoration**

Praise God for who He is.

##### **C - Confession**

Bring sin, worry, or weakness honestly before Him.

##### **T - Thanksgiving**

Thank God for what He has already done in your life.

##### **S - Supplication**

Ask for help for yourself and others.

Closing Thought:

Prayer is a conversation, not a performance.

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**Tool 4** - Grace-Based Consistency Habit Builder  
*Growing a Daily Walk Without Guilt*

### **Start Small:**

5-10 minutes daily is enough to build rhythm.

### **Link it to a Habit:**

Coffee time, lunch break, bedtime.

### **Miss a Day?**

Return the next day without shame.

### **Focus on the Relationship**

This is not about a set of rules.

### **Closing Thought:**

What is one simple daily time I can meet with God?

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#### **Tool 5** - Hearing God Through His Word Guide

##### **How God Leads Us Through Scripture**

- He reveals His character
- He gives wisdom
- He corrects gently
- He comforts
- He directs your heart

##### **Ask While Reading:**

“Father, what are you showing me today?”

##### **Reminder:**

God’s voice aligns with scripture, peace, and His character.

##### **Closing Thought:**

*Faith grows one day at a time. God is not rushing you – He is walking alongside you!*