



GUIDED BIBLE STUDY

Walking with God Throughout the Day

Highlighted Scripture

Joshua 1:8 (NIV)

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Discussion Questions

- **What does it mean to “meditate on” God’s Word day and night in a practical, daily sense?**
- **Why is it easy to limit our time with God to mornings and evenings instead of throughout the day?**
- **How can inviting God into small, everyday tasks change our mindset?**
- **In what areas of your day do you tend to rely on your own strength instead of seeking God?**
- **How can Scripture help guide your thoughts, words, and reactions in real time?**

Reflection Challenge

This week, focus on intentionally including God in your daily routine—not just at the beginning or end of your day.

As you go through your day, pause and invite Him into different moments:

- **When starting a task, ask God to guide your work**
- **When speaking with others, ask Him to guide your words**
- **When feeling stressed or overwhelmed, ask for His strength**
- **When doing routine tasks, thank Him and stay mindful of His presence**

Try this:

Choose one or two verses to return to throughout your day

Turn ordinary moments into short prayers

Practice pausing before reacting and inviting God into the moment

Remember

God's Word is meant to guide us throughout the entire day

Walking with God is not limited to specific times

Small, consistent moments with God build a deeper relationship

Inviting God into everyday life brings peace and direction

Prayer

Father God,

Help me to walk with You throughout my entire day, not just in certain moments.

Remind me to seek You in my thoughts, my words, and my actions.

Guide my steps, direct my decisions, and shape my heart through Your Word.

Teach me to rely on Your strength instead of my own.

In Jesus' name,

Amen.

