

Draw Near

**A 5-Day Christian Devotional for Peace,
Presence, and Stillness**

Day 1: God Is Always With Me

Scripture:

Hebrews 13:5 — “Never will I leave you; never will I forsake you.”

Reflection:

In the midst of chaos, it's easy to forget that God is near. Practicing biblical mindfulness begins with the awareness that He is always present. Let this truth anchor your day.

Prayer:

Lord, help me to remember You are always with me. Quiet my heart and calm my spirit with Your nearness. Amen.

Meditation Prompt:

Close your eyes and picture Jesus sitting beside you. What does His presence feel like?

Write them down

Day 2: Meditate on God's Word

Scripture:

Joshua 1:8 — “Keep this Book of the Law always on your lips; meditate on it day and night.”

Reflection:

Unlike emptying your mind, biblical meditation fills your spirit with truth. God's Word renews, strengthens, and guides us when we dwell on it purposefully.

Prayer:

Father, let Your Word dwell richly in my heart. Teach me to meditate on Your truth day and night. Amen.

Meditation Prompt:

Choose a verse and repeat it softly. What image or feeling does it bring to your heart?

Write them down

Day 3: Be Still and Listen

Scripture:

Psalm 37:7 — “Be still before the Lord and wait patiently for him.”

Reflection:

Stillness before God isn't about doing nothing—it's about listening with expectation. When we're quiet, we hear His whisper more clearly.

Prayer:

God, help me to slow down. Teach me to be still and know that You are God. Amen.

Meditation Prompt:

Sit quietly for 5 minutes with soaking instrumental worship music. What thoughts or impressions arise?

Write them down

Day 4: Tune Into God's Voice

Scripture:

John 10:27 — “My sheep listen to my voice; I know them, and they follow me.”

Reflection:

Mindfulness in a Christian context involves listening to God, not just observing your own thoughts. When you quiet your soul, His voice can be heard.

Prayer:

Speak to me, Lord. I am listening. Help me to recognize Your voice above all others. Amen.

Meditation Prompt:

Ask: “Lord, what are You saying to me today?”
Write down what you sense.

Day 5: Fix Your Eyes on Jesus

Scripture:

Psalms 16:8 — “I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.”

Reflection:

Christian mindfulness means redirecting your attention away from fear and toward Christ. When you focus on Him, peace replaces panic.

Prayer:

Jesus, I fix my eyes on You. Strengthen me to stand firm no matter what I face. Amen.

Meditation Prompt:

Visualize walking with Jesus today. How does He respond to your struggles?

Thank You for Joining Me!

I hope this devotional has helped you draw closer to God through quiet stillness and prayerful reflection.

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— With love,
Jebichii Kimulwo

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