

Blessings

Volume #1

Align Your Really Good Day



30 Days Of Prayer, Bible Study,
Journaling, and Goal Setting

Written by

Dr. Denny Bates

Align Your Really Good Day:
30 Days Of Prayer, Bible Study, Journaling, And
Goal Setting

“Blessings”
Volume 1

Dr. Denny Bates
Something New Ministries

“A Quality Disciple . . . A Quality Life”

www.TheQualityDisciple.com

Align Your Really Good Day:

30 Days Of Prayer, Bible Study, Journaling, And Goal Setting

“Blessings” Volume 1

Dr. Denny Bates

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with iHope Christian Care and Counseling Center

SOMETHING *new*



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Dedication

Acknowledgements

My books are so much better because of those who willingly volunteer their time to read through the sample proof and make sure, first and foremost, that the contents speak to the heart first and then to the mind. They are also people of good grammar and watch out for those pesky typos that get by me, but not them. I am grateful to Myra Bates, Leigh Ann Wheeler Owen, Bryan Braddock, Amy Watts, Reeves Cannon, Dick Brown, Tamara Rhodes, Lisa Ray, Traci McCombs, Amy Clark, Ron Lyles, Wick Jackson, Patty Smith, Leslie Rutten, Laura Harris, Sandy Richardson, Carol Mabe, Kirby King, Karen Dixon, Kimberly Eaker, Kim Medlin, Marlo Brayboy, and Jessica Hayes.

'Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.'

Philippians 1:3-6 (NLT)

Preface / Introduction / How To Use

One of the most important goals of every Quality Disciple, for every follower of Jesus, must be to make “Spiritual Alignment” a supreme priority every day. As you are well aware, therein lies the challenge: It does not take long to realize that there are some things in your life that are not properly aligned.

What are some of the frustrations you may be experiencing if you find yourself out of alignment?

- ❖ You may be struggling to have a consistent devotional time and feel some tinges of guilt when you miss
- ❖ You may be unsure how to find a “system” that works best for you
- ❖ You may be uncertain how to pray, read your Bible, apply what you are learning and stay consistent every day
- ❖ You may become so frustrated at the process that you just quit trying any longer and settle for an *unaligned* life.
- ❖ OR You may want to go even deeper in your relationship with the Lord and are searching for an aligned way to get you there

Any of these sound familiar to you?

You may just be ready to learn how you can *Align Your Really Good Day!*

First things first. What does the word “align” mean?

It's a *Verb*

verb: **align**; 3rd person present: **aligns**; past tense: **aligned**; past participle: **aligned**; gerund or present participle: **aligning**

1. 1.
place or arrange (things) in a straight line.
"gently brush the surface to align the fibers"
Similar:
line up

range
arrange in line
put in order
put in rows/columns
straighten (up)
marshal
orient
place
position
dispose
situate
set

- put (things) into correct or appropriate relative positions.
"the fan blades are carefully aligned"
- lie in a straight line, or in correct relative positions.
"the pattern of the border at the seam should align perfectly"

2. 2.

give support to (a person, organization, or cause).

"newspapers usually align themselves with certain political parties"

- come together in agreement or alliance.
"all of them must now align against the foe"

(Source: From the Oxford Dictionary)

This is the Goal

The goal for *Align Your Really Good Day* is to help you to align or "put in order" the elements of a devotional plan that is not only easy to use but is flexible enough for you to get "something" out of your devotional experience. Each of the 30 Days is equally divided in the morning and evening. When you use *Align Your Really Good Day* *this is what you can expect:*

In the Morning:

- ❖ 30 Really Good Day devotions that contain the Scripture and the personal Application
- ❖ The morning devotion has plenty of space for your Bible study notes.

- ❖ We believe that focused prayer is important so we have included a prayer list you can write in.
- ❖ We need to get a proper alignment with our Personal, Professional, and Spiritual Goals so space is provided for you to list your goals for the day.

In the Evening:

- ❖ Space is provided for what you experienced today.
- ❖ Connecting with others is important. You can write about who you connected with and what the connection meant to you.
- ❖ After your day is done, what did you learn today?
- ❖ How has the Lord been answering your prayers? There is space for your “praise” report!
- ❖ This may take some time, but space is given for you to summarize in a few words the “hi-lights” of your life story today.
- ❖ Finally, I encourage you to “write out your own prayer.” What you write down will help you better remember what you told the Lord.

One final word of encouragement for you

This journal is designed for “30 Days.” You will experience better results if you can work on it for 30 consecutive days; however, your spiritual journey for your alignment is not a sprint but a marathon. Do not rush the process. Don’t miss what the Lord is saying to you. There are some who may only be able to spend five minutes a day. Others may choose to invest more time. No worries. There may very well be times for you to SLOW down and not move on to the next day if God is speaking to you where you are.

It is my hope and prayer that this spiritual growth resource will be 30 Blessings for you as you *Align Your Really Good Day*.

Blessings,

Dr. Denny Bates

Really Good Day 30 Day Prayer And Daily Devotional Journal
“What The Bible Says About Blessings”

Day #1

Date: _____

AM: In The Morning

'Listen to my voice in the morning, Lord . Each morning I bring my requests to you and wait expectantly.' (Psalms 5:3)

REALLY GOOD DAY DEVOTION

You know it's going to be a really good day when you realize the pathway to a blessed life always begins with the first steps of honor.

“Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.”

Exodus 20:12 NLT

WHAT I HEARD THE LORD SPEAK TO MY HEART (What does He mean? How do I apply this truth to my life?)

WHO / WHAT I NEED TO PRAY FOR TODAY

WHO / WHAT	REQUEST

MY GOALS FOR TODAY

Personal

Professional

Spiritual

PM: At Night

'But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life.' (Psalms 42:8)

WHAT I EXPERIENCED TODAY

WHO I HAD A MEANINGFUL CONNECTION WITH

WHAT I HAVE LEARNED

HOW THE LORD IS ANSWERING MY PRAYERS

WHAT I WANT TO WRITE TO SUMMARIZE MY LIFE STORY TODAY

WRITE OUT YOUR PERSONAL PRAYER BASED UPON YOUR DAY

REFRESH YOUR HEART, ONE MORE TIME, BECAUSE . . .

You know it's going to be a really good day when you realize the pathway to a blessed life always begins with the first steps of honor.

“Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.”
Exodus 20:12 NLT

And before you end your day, one more promise: Sleep well . . . Rest even better

'I lay down and slept, yet I woke up in safety, for the Lord was watching over me.'
(Psalms 3:5)

Really Good Day 30 Day Prayer And Daily Devotional Journal

“What The Bible Says About Blessings”

Day #2

Date: _____

AM: In The Morning

'Listen to my voice in the morning, Lord . Each morning I bring my requests to you and wait expectantly.' (Psalms 5:3)

REALLY GOOD DAY DEVOTION

You know it's going to be a really good day when you realize how incredibly blessed you really are.

“May the Lord smile on you and be gracious to you. May the Lord show you his favor and give you his peace.”
Numbers 6:25-26 NLT

WHAT I HEARD THE LORD SPEAK TO MY HEART (What does He mean? How do I apply this truth to my life?)

WHO / WHAT I NEED TO PRAY FOR TODAY

WHO / WHAT	REQUEST

MY GOALS FOR TODAY

Personal

Professional

Spiritual

PM: At Night

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(Psalms 3:5)

Really Good Day 30 Day Prayer And Daily Devotional Journal

“What The Bible Says About Blessings”

Day #3

Date: _____

AM: In The Morning

'Listen to my voice in the morning, Lord . Each morning I bring my requests to you and wait expectantly.' (Psalms 5:3)

REALLY GOOD DAY DEVOTION

You know it's going to be a really good day when you realize choosing to LOVE the LORD and follow His LEAD will take you to some of the most remarkable experiences of your LIFE.

“For I command you this day to love the Lord your God and to keep his commands, decrees, and regulations by walking in his ways. If you do this, you will live and multiply, and the Lord your God will bless you and the land you are about to enter and occupy.” Deuteronomy 30:16 NLT

WHAT I HEARD THE LORD SPEAK TO MY HEART (What does He mean? How do I apply this truth to my life?)

WHO / WHAT I NEED TO PRAY FOR TODAY

WHO / WHAT	REQUEST

MY GOALS FOR TODAY

Personal

Professional

Spiritual

PM: At Night

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And before you end your day, one more promise: Sleep well . . . Rest even better

'I lay down and slept, yet I woke up in safety, for the Lord was watching over me.'
(Psalms 3:5)

Really Good Day 30 Day Prayer And Daily Devotional Journal
“What The Bible Says About Blessings”

Day #4

Date: _____

AM: In The Morning

'Listen to my voice in the morning, Lord . Each morning I bring my requests to you and wait expectantly.' (Psalms 5:3)

REALLY GOOD DAY DEVOTION

You know it's going to be a really good day when you realize your prayers to an awesome God can be an awesome blessing to others.

“O Lord, answer me! Answer me so these people will know that you, O Lord, are God and that you have brought them back to yourself.”
1 Kings 18:37 NLT

WHAT I HEARD THE LORD SPEAK TO MY HEART (What does He mean? How do I apply this truth to my life?)

WHO / WHAT I NEED TO PRAY FOR TODAY

WHO / WHAT	REQUEST

MY GOALS FOR TODAY

Personal

Professional

Spiritual

PM: At Night

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WHAT I EXPERIENCED TODAY

WHO I HAD A MEANINGFUL CONNECTION WITH

WHAT I HAVE LEARNED

HOW THE LORD IS ANSWERING MY PRAYERS

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1 Kings 18:37 NLT

And before you end your day, one more promise: Sleep well . . . Rest even better

'I lay down and slept, yet I woke up in safety, for the Lord was watching over me.'
(Psalms 3:5)

Really Good Day 30 Day Prayer And Daily Devotional Journal
“What The Bible Says About Blessings”

Day #5

Date: _____

AM: In The Morning

'Listen to my voice in the morning, Lord . Each morning I bring my requests to you and wait expectantly.' (Psalms 5:3)

REALLY GOOD DAY DEVOTION

You know it's going to be a really good day when you realize choosing to LOVE the LORD and follow His LEAD will take you to some of the most remarkable experiences of your LIFE.

“For I command you this day to love the Lord your God and to keep his commands, decrees, and regulations by walking in his ways. If you do this, you will live and multiply, and the Lord your God will bless you and the land you are about to enter and occupy.” Deuteronomy 30:16 NLT

WHAT I HEARD THE LORD SPEAK TO MY HEART (What does He mean? How do I apply this truth to my life?)

WHO / WHAT I NEED TO PRAY FOR TODAY

WHO / WHAT	REQUEST

MY GOALS FOR TODAY

Personal

Professional

Spiritual

PM: At Night

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And before you end your day, one more promise: Sleep well . . . Rest even better

'I lay down and slept, yet I woke up in safety, for the Lord was watching over me.'
(Psalms 3:5)

PRAYER GUIDES

- ❖ For Yourself
- ❖ For Others
- ❖ For The Church
- ❖ For Local, State, and National Leaders
- ❖ For Current Events In The World
- ❖ For The Nations

O Lord , I cry out to you. I will keep on pleading day by day.
Psalms 88:13 NLT

HOW YOU CAN HAVE A RELATIONSHIP WITH JESUS

✓ GOD LOVES YOU AND HAS A WONDERFUL PLAN FOR YOUR LIFE

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. **Jeremiah 29:11 (NIV)**

✓ AS A RESULT OF MAN GOING HIS OWN WAY AND REJECTING GOD, A CHASM, A GREAT DIVIDE, HAS COME SEPARATING A JUST AND HOLY GOD FROM SINFUL MAN

for all have sinned and fall short of the glory of God, **Romans 3:23 (NIV)**

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. **Romans 6:23 (NIV)**

✓ GOD SENT HIS SON, HIS PERFECT SON TO BECOME OUR SACRIFICE. HE WHO IS SINLESS TOOK UPON HIMSELF OUR SINS, OFFERING TO RESTORE OUR BROKEN RELATIONSHIP WITH GOD, BRIDGING THE GAP BETWEEN GOD AND MAN

We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all. **Isaiah 53:6 (NIV)**

The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!" **John 1:29 (NIV)**

✓ GOD HAS GIVEN EACH MAN A CHOICE EITHER TO ACCEPT THE FREE GIFT OF SALVATION AND LIVE FOREVER OR TO REJECT HIS GRACIOUS GIFT AND SPEND ETERNITY FOREVER SEPARATED FROM GOD

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. **John 3:16 (NIV)**

¹²Yet to all who received him, to those who believed in his name, he gave the right to become children of God-- ¹³children born not of natural descent, nor of human decision or a husband's will, but born of God. **John 1:12-13 (NIV)**

**Essential Spiritual Growth Resources from
Something New Christian Publishers
and Quality Leadership Consultants**

Websites, Newsletter, and Blogs:

www.dennybates.com and www.ReallyGoodDay4U.com is the hub for all of our teaching and coaching resources. Check out our free downloads as well as our store. www.thequalitydisciple.com links to dennybates.com. www.qualityleadershipconsultants.com links to dennybates.com. www.thequalitydisciple.blogspot.com is the teaching blog for Psalms of Discipleship. www.facebook.com/denny.bates is my portal to social networking. *Dr. Denny Bates and Quality Leadership Tips For You* is my newsletter. Featured leadership articles, devotional thoughts, and a menu of coaching and book resources. Sign up at <http://www.dennybates.com>

Books:

Other titles from the Quality Discipleship Series:

- ❖ How To Study And Apply The Bible To Your Life (PDF Book only)
- ❖ Growing Up...Practical Bible Studies For New And Growing Christians (PDF Book only)
- ❖ Psalms of Discipleship: A One Year Journey With The Shepherd (Kindle or printed copy)
- ❖ Christmas Meditations of Worship: Four Weeks of Advent (Kindle or printed copy)
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- ❖ *Bitter Busters: How Bitter Busters Can Set You Free From Becoming Bitter Against Family, Friends, Career, Church and God. (Kindle or printed copy)*
- ❖ The Intimate Journey To Desires: Intimacy of God, With God, and With Others (Printed copy)
- ❖ The Battle is the Lord's (Kindle or printed copy) –Available August 2023

Retreat Journals:

- ❖ The Power – Broker's Guide To The Kingdom
- ❖ Four Legacies For A Life Change
- ❖ Three Commitments That Change A Life
- ❖ Growing In Grace: A Fresh Look At Biblical Discipleship
- ❖ Adding Quality To Your Life

Contact us for availability and cost. www.dennybates.com

Help Me Write My Story Books (A ghost writing and book coaching custom service)

For information see the next page or connect to
www.HelpMeWriteMyStory.com

Here are a few of my Help Me Write My Story clients. Please check them out on Amazon.

- ❖ “Touched by Him: A Man Who Said Yes To Jesus” by Harry F. Lyles as told to Dr. Denny Bates (Something New Christian Publishers)
- ❖ “I’m Just Rebeckah Wilhelmina And I Found A Way Out” by Rebeckah Wilhelmina (Healthy Curves Count Publishers)
- ❖ “The Blue Duck: Learning How To Discover Your Competitive Edge And Celebrate The Uniqueness Of You” by Sandra Mason (Younique Publishers)
- ❖ “How To Kick Your Own Butt: The Fine Art Of Leading Yourself Well” by Carol Mabe (CMC Transformational Publishing)
- ❖ “My Life: Then And Now: Won’t He Do It” by Karen Calhoun (KMJC Publishers)
- ❖ “More Than A Seed: The Yearn For God’s Children To Accept, Grow, And Fight” by Akayla Frazier (Changed Legacy Publishing)

- ❖ “Life-Sustaining Hope” by Dr. Patrick Hunt (M2E Motivational Consulting)
- ❖ “How The Puppy Learned To Cherish Life by Dr. Patrick Hunt (M2E Motivational Consulting)
- ❖ “My Miscarriage: And Other Uninvited Events” by Traci McCombs (Skinny Brown Dog Media)

*What does a Disciple-Making Ministry look like?
It looks like . . .*

SOMETHING *new*

"Do not call to mind the former things, or ponder things of the past; Behold, I will do something new . . ."
Isaiah 43:18, 19a

- Is a ministry that focuses upon making Quality disciples for Jesus
- Is a ministry that encourages believers to connect in community and experience the disciplined life
- Is a ministry that seeks to help other body of believers to learn how to live the disciplined life through seminars, workshops, keynote speaking and interactive coaching

Contact Dr. Denny Bates for more information on how you and your church can create a culture of DiscipleMakers4Jesus

www.TheQualityDisciple.com

About Dr. Denny Bates



Dr. Denny Bates is Principal Consultant for Quality Leadership Consultants, founder of Something New Christian Publishers, Something New Ministries and The Quality Disciple, Life Coach for iHope Christian Care and Counseling, adjunct faculty mentor in the Columbia Biblical Seminary online Doctor of Ministerial Leadership program, and a founding member of the John Maxwell Team of certified coaches, speakers, and trainers. He has earned degrees from Francis Marion College [B.S.] and Columbia Biblical Seminary and School of Missions [MDiv, DMin]. With a doctoral degree in personal and organizational leadership, he is well equipped to serve as teacher, life coach, mentor, disciplemaker, motivational speaker and writer for his own leadership and personal growth titles as well as helping others write their stories*

Denny has written for an international publisher of Bible commentary, served as the Discipleship Pastor in the local church, as well as being a leader in the marketplace by creating the social networking brand #Aisle31. By God's grace, he seeks to live above the fray and "Press on!" Visit **www.dennybates.com**.

*See www.HelpMeWriteMyStory.com for this custom service.

About iHope Christian Care And Counseling

MISSION STATEMENT:

To bring hope and healing to the community through professional counseling and care rooted in biblical principles.

The vision of iHope Christian Care and Counseling, Inc. is to be a distinctly Christian counseling center serving individuals, families, couples, and ministry leaders with affordable counseling and care. We are committed to offering hope and healing through Jesus Christ. As Christian counselors, we are called to bind up the brokenhearted, proclaim freedom for the captive, and comfort those who mourn. iHope desires to be an extender of the local church, offering counsel to those going through a season of difficulty. We are a support and resource for local pastors and for our community. Many people desire counseling and healing offered through Jesus Christ, but they do not know where to turn, cannot afford counseling, or are unaware of available resources. iHope is intended to be a resource within reach of anyone who wants help.

CORE VALUES

iHope operates by five core values. These values guide our counseling work, education, and interactions with the community and are grounded in Scripture.

- **Christ-centered**
*Remain consistently true to the Gospel of Jesus Christ and his Word in Scripture
John 15:1-8*
- **Kingdom-minded**
*Engage with the local church to care for and connect clients to the body of Christ
Acts 2:42-47, Romans 12:4-5*
- **Ethics, Integrity, and Excellence**
*Maintain the ethical standards of the American Association of Christian Counselors, practicing with integrity and competency
Proverbs 11:3, Proverbs 28:6, 1 Peter 3:16*
- **Accessibility**
*Be a resource within reach of anyone who needs help.
Philippians 2:5-8, Galatians 6:2, Proverbs 22:9*
- **Whole-Person Care**
*Serve and care for each person's holistic health – spiritual, mental, relational, physical, and emotional health and wellness.
Matthew 22:36-39, Matthew 14:14-21*



**BIBLICAL COUNSELING & BIBLICAL TEACHING:
THE PERFECT PARTNERSHIP**

<https://ihopeflorence.com>

I hope you enjoyed this sample. I am always looking for advanced readers for my writing projects, including this one. If you are interested, I'd love to send you a "Readers Check List" of what I am looking for from my team of advanced readers. You can reach me at dennybates@gmail.com. In the subject matter use the term "Advance Reader." Thanks!

Back Cover Content:

- ❖ You may be struggling to have a consistent devotional time and feel some tinges of guilt when you miss
- ❖ You may be unsure how to find a “system” that works best for you
- ❖ You may be uncertain how to pray, read your Bible, apply what you are learning and stay consistent every day
- ❖ You may become so frustrated at the process that you just quit trying any longer and settle for an *unaligned* life.
- ❖ OR You may want to go even deeper in your relationship with the Lord and are searching for an aligned way to get you there

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