

Prioritising Devotion

SESSION GOALS

The point of every session is a main idea with the goal of informing our knowing, feeling, and doing.

MAIN IDEA: Our devotion to God equips us to navigate life's trials with stability, resilience, and joy.

Head Change: To know that the practice of setting the Lord before us is often countercultural and inconvenient.

Heart Change: To feel grateful that our confidence comes from God and isn't based on circumstances.

Life Change: To rely daily on God (not just on friends and feelings) by prioritising prayer and filtering our decisions through His Word.

OPEN

What typically affects your confidence when you play sport or perform on stage?

No matter what we're doing, when the pressure's on we can easily become distracted or filled with doubt – and end up spiralling into failure. In this session, Luxolo explores the truth that what we repeatedly trust and rely on will ultimately shape our confidence. The more we practise intentionally seeking God's counsel, listening to His wisdom, and surrendering our decisions to Him, the more we grow in joy, stability, strength, and unwavering faith.

VIEW

As you watch, write down how Luxolo answers these questions.

According to Luxolo, is practising devotion a religious duty or a pathway to intimacy?

When did David seek God's counsel?

What are the byproducts of setting the Lord before us?

Mention two ways we can intentionally set the Lord before us.

Show SESSION #2: *Prioritising Devotion* (12 minutes)

REVIEW

Luxolo explains that the kind of deep-seated trust in God's power we learned about in the previous session doesn't just happen; it's cultivated by intentionally practising devotion. He shares the story of a famous violinist who was performing on stage when, one by one, the strings on his violin snapped until just one remained – and with one string he continued to mesmerise the audience with masterful playing. His secret wasn't his skill in that moment but the hours of practice leading up to it: the intentional devotion to his craft. **What are you intentionally practising in this season of your life – perhaps habits around exercise or studying or something else?**

How does our consistent devotion to God equip us to navigate life's trials with stability, resilience, and joy? Does devotion feel like religious box-ticking, or does it feel like a pathway to intimacy with God?

Do you agree with Luxolo that practising devotion isn't a luxury but a necessity for thriving in any season? Why, or why not?

A key practice of devotion is learning to listen to God's counsel. In Psalm 16:7, David acknowledges that true wisdom and guidance come from God alone. He doesn't just seek counsel when it's convenient or when he agrees with it; he blesses the Lord for His guidance in all circumstances, even when it challenges him or requires uncomfortable obedience. **If you're ok to talk about it, share about a time when God's counsel didn't make you comfortable, but it made you steadfast in your faith. How did God's wisdom keep you standing firm in that situation?**

Which of the following three statements are generally true for you? (1) *I tend to rely on my own logic and experience rather than God's direction.* (2) *I pray and listen for God's voice, rather than immediately asking my friends for advice.* (3) *I trust my feelings more than God's Word.*

David says that even at night, his heart instructs him (Psalm 16:7). The implication is that his heart is shaped by a life steeped in prayer and devotion. If we only turn to God occasionally – offering quick, five-second prayers when we suddenly need Him – our hearts won't be tuned to His voice. But when prayer becomes a consistent, intentional practice, we develop a deep awareness of God's guidance, even when life is uncertain. David shows us that practising devotion begins with resolve: a daily, intentional pursuit of God's direction. A life centred on seeking His wisdom is a life that thrives, no

matter the season. **Would you say you're tuned to God's voice? Why, or why not?**

Who or what did you choose to trust, today?
What's your go-to first step when you need to make an important decision?

David's confidence and unshakable joy all stem from one intentional practice: setting the Lord always before him (Psalm 16:8–10). It's not a passive hope but the daily, deliberate action of keeping God at the centre. David's confidence isn't based on circumstances but on his unyielding focus on God. This alignment of heart and mind leads to gladness and a profound sense of security. **What do you understand by 'setting the Lord always before you'? How do you think doing so would affect your decisions, attitudes, and actions over the coming week?**

Luxolo suggests we set the Lord before us by (1) centring Christ in prayer and (2) filtering our decisions through God's Word. **What's the first thing you do when you wake up in the morning? Why?**

What do you think would change in your life, in an average week, if you started and ended each day with prayer?

Talk about the idea that prayer aligns our hearts with God's will and shifts our focus from self-reliance to divine dependence.

If you've recently made a countercultural decision, share what the world around you suggested you should do, and what God called you to do instead.

Luxolo points out, 'In a world that tells us to "follow our hearts" and "trust our instincts," this practice of setting the Lord before us can feel countercultural. Our society celebrates self-sufficiency, yet it also suffers from rising anxiety, burnout, and instability.' **Where do you see evidence of this reality in your neighbourhood, city, or nation?**

BIBLE EXPLORATION

Read Matthew 6:1–4. **According to Jesus, what should characterise our devotion?**

Read Luke 5:16. **How did Jesus prioritise devotion?**

Jesus also said, 'No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.' (Luke 16:13) **What does devotion to money typically look like on social media? Why does devotion to money so easily distract us from devotion to God?**

Do you agree that it's impossible to serve both God and money? Why, or why not?

Read Philippians 4:8–9. **What would it look like for you on an average Wednesday afternoon or Sunday night to set the Lord before you by focusing intentionally on whatever is true, honourable, just, pure, lovely, commendable, excellent, and worthy of praise?**

LAST WORD

Before moving on to the last session of the series, take time to reflect on the truth that what you repeatedly rely on will ultimately shape your

confidence. The more you practise seeking God's counsel, listening to His wisdom, and surrendering your decisions to Him, the more you'll grow in stability, strength, joy, and unwavering faith. When you begin your day by seeking God, you swap anxiety for trust, and your uncertainties are met with His wisdom. May you learn to set the Lord before you by inviting Him into your decision-making, aligning your choices with His truth, and trusting His direction even when it challenges your own understanding. Life won't always be easy, but you'll be able to stand firm.

DEEPER WALK

Select at least one activity below to complete before watching the next session.

Read: Read Joshua 1:6–9 in a different Bible translation from the one you normally use. Which verse stands out to you in particular? How is God showing you what it might mean for you to prioritise devotion?

Write: Commit to spending five minutes every day for a week, journaling. Write your thoughts about God's greatness and love. Write down the questions you wish He would answer. Write down anything you're worried about. Allow this focused writing time to lead you into deeper devotion.

Pray: As a way of prioritising devotion, invite a few friends to pray with you once a week, for the next three months. If you can't meet in person, set up a video call and pray together online.

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