

Journey: Guardrails

#1 Keep First Things First



Monday – Naming the Drift

Scripture

“You have forsaken the love you had at first.” — Revelation 2:4

Reflection

Drift rarely looks like walking away from God. More often, it looks like continuing faithfully—while closeness quietly fades. Jesus’ words to the church in Ephesus are not harsh; they

are loving. He is not accusing them of unbelief, but inviting them back to intimacy.

Drift begins when love is no longer first.

Prayer

Lord Jesus, help me notice where my heart may have drifted. Give me courage to be honest and grace to return.

Diagnostic Question

Where has familiarity replaced affection in my walk with God?

Tuesday – Guarding the Heart

Scripture

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

Reflection

Guardrails exist not because the road is bad, but because the journey matters. God’s concern has always been the heart—because from the heart flow decisions, reactions, loves, and loyalties.

To guard your heart is not to harden it. It is to protect what matters most.

Prayer

Father, teach me how to guard my heart without closing it. Help me remain tender and attentive to You.

Practice

Pause twice today—once in the morning and once at night—to quietly ask: *What is shaping my heart right now?*

Wednesday — Choosing What Comes First

Scripture

“If your heart turns away...” — Deuteronomy 30:17

“Choose life.” — Deuteronomy 30:19

Reflection

God names the real danger clearly: the heart turning away. Not behavior first. Not belief first. The heart.

Every day we choose—often unconsciously—what will receive our best attention, deepest affection, and highest trust.

Choosing life begins with choosing God again.

Prayer

Lord, reorder my loves. Help me choose You first—not out of duty, but desire.

Diagnostic Question

What currently receives my best energy and attention?

Thursday — Abide Before You React

Scripture

“Abide in Me... apart from Me you can do nothing.” — John 15:4–5

Reflection

When we stop abiding, we start reacting. We speak quickly, decide quickly, move quickly—but rarely remain. Anxiety often fills the space where prayer once lived.

Jesus does not invite us to produce fruit through effort, but through closeness.

Prayer

Jesus, draw me back into abiding. Slow my pace and steady my heart in Your presence.

Practice

Before responding to stress today, pause for one breath and quietly pray: *“Lord, I abide in You.”*

Friday — Returning to First Love

Scripture

“Love the Lord your God with all your heart...” — Matthew 22:37

Reflection

The Christian life begins and ends with love—God’s love for us, and our response of love to Him and others. Returning to first love is not about recreating a feeling; it is about restoring priority.

When first things remain first, everything else begins to realign.

Prayer

Lord, I return to You today. Guard my heart, renew my love, and lead me forward in alignment with You.

Closing Question

What would it look like this week to choose Jesus first—practically and intentionally?