

God First. Everything Else Follows.

How to quiet the noise so we can hear God's voice

Time:
7-10 minutes

Focus:
Stress, Priorities, God's Word

Scriptures

Matthew 6:33
Colossians 3:2
Proverbs 3:6
Luke 10:42-44
Psalm 10:4
Psalm 46:10
1 Kings 19:11-13
Luke 9:62
Luke 10:4

Parking lot

Write down distracting thoughts here:

Scripture reflection

Read **Matthew 6:33 NIV** slowly. Then read it again. Let it sink in:

Matthew 6:33 NIV

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Settle in

Take a deep breath. Ask God to quiet your heart so you can hear his voice today.

Thought starter

God is not a backup plan or a weekend vibe. He wants to be our first choice of the day. When he is our first priority, everything else falls into place.

Here's what we'll learn in this Quick Quiet Time:

- Putting God first means decluttering our minds.
- Putting God first means quieting the noise.
- Putting God first means ignoring distractions and detours.

Declutter your mind.

Colossians 3:2 NIV

Set your minds on things above, not on earthly things.

Proverbs 3:6 NIV

In all your ways submit to him, and he will make your paths straight.

Luke 10:41-42 CSB

The Lord answered her, "Martha, Martha, you are worried and upset about many things, but one thing is necessary. Mary has made the right choice, and it will not be taken away from her."



View on web ↗

Notes:

Psalm 10:4 NIV

In his pride the wicked man does not seek him; in all his thoughts there is no room for God.

 Conviction alert: If our thoughts are full of everything but God, it's time for a reset.

- If our brains are packed with stress, goals, grades, greed, and scrolling, there won't be room left for God to speak.
- God doesn't want our brains to be cluttered storage units. He wants them to be a sanctuary—quiet places where we can hear his voice.
- When we make space for God in our minds, we feel less worried and stressed.

**Reflect**

- Are you making time and space for God's purposes—or just squeezing him into the leftovers?

**Quiet the noise.****Psalm 46:10 NIV**

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

1 Kings 19:11-13 NIV

The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"



Truth bomb: If your life is full of constant motion, you'll miss God's whisper.

- God didn't shout. He whispered.
- And Elijah only heard it because he was alone, quiet, and listening.

**Reflect**

- What noise do you need to turn down so you can hear God more clearly?

Notes:

 Don't get derailed by distractions.**Luke 9:62 TLB**

But Jesus told him, "Anyone who lets himself be distracted from the work I plan for him is not fit for the Kingdom of God."

Matthew 6:19-21 NLT

"Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. [20] Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. [21] Wherever your treasure is, there the desires of your heart will also be."

 **Truth bomb:** Distractions don't always look bad. They sometimes look like success.

- But if something pulls your eyes off Jesus and his purpose for your life, it's just a dressed-up detour.
- Status, achievements, grades, comfort, attention, and more are like glitter in the wind. They look shiny, but they're not worth sacrificing real treasure for.

**Write it down**

- What's one thing that's been stealing my focus from God lately?
- If someone looked at my life, what would they say I'm "seeking first"?

**Try it:**

-  **Unplug:** Before you check your phone, check in with God.
-  **Open the Word:** God speaks loudest through Scripture.
-  **Practice stillness:** Even 5 minutes of quiet can reset your soul.
-  **Ask, then listen:** Prayer isn't just talking—it's looking for God's answer.

Final thought

God doesn't want to be squeezed into the leftovers. He wants to be your priority, your purpose, and your first choice of the day. When he's first, everything else falls into place.

So today, say "no" to noise. Say "yes" to quiet moments with God. Trade the chaos for clarity. Make space for his voice, his peace, and his purpose.

**Humor break!**

What do you call someone who can hear things a hundred miles away? A super-hear-o!

Share the inspiration!

Save this phone wallpaper and share it with a friend.



Download
wallpapers here



Notes:

Spacing notes:

Positioning:

- First element on page after first: **Y = 1**
- Main content: **X = 2.5**

Spacing between elements:

- Heading to p: 2 spaces
- p to next heading: 4 spaces

Page elements

🙄 Emoji + heading

Scripture reference

Scripture text

💣 **Truth bomb:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor

💡 **Lightbulb moment:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor

🧠 Reflect

- Bullet points
- Go here

🙏 Respond

Keep the height of both boxes the same.
Resize if you need to.

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

- Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat.
- Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur.



Humor break!

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Share the inspiration!

Save this phone wallpaper and share it with a friend.

QR Code

Download
wallpapers here



Write it down

- Bullet points here
- Don't forget the arrow



Respond

Keep the height of both boxes the same.
Resize if you need to.