Quick Quiet Times

Slow Down Before You Blow Up

Learning to trust God and pause before we rush into regret.

Time:
7-10 minutes

Focus:
Emotions, Self-Control, Hope & Trust

Scriptures

Proverbs 3:5-6
Matthew 6:33
Psalm 37:4
Proverbs 19:2
Proverbs 3:7
Philippians 4:6-7
Luke 15:11–24
James 1:19-20
Psalm 46:10

Parking lot

Write down distracting thoughts here:

View on web

🧘 Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to help you slow down, find his direction, and trust him to guide you where you need to go.

💭 Thought starter

When emotions are high, pressure is building, or we desperately want something to happen, it's easy to rush ahead of God. We may make decisions based on feelings, fear, impatience, or what we want right now—only to regret them later.



But God invites us to slow down, trust his wisdom, and let him guide our next steps.

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

- Following God's direction is always better than following our desires.
- Our decisions should be based on our trust in God, not our emotions.
- Impulsivity leads to regret. Trust in God leads to fulfillment.
- Slowing down allows us to follow God's path.

😌 Trust God completely, not just when it makes sense.

> **Proverbs 3:5-6 ERV**
> Trust the LORD completely, and don't depend on your own knowledge. [6] With every step you take, think about what he wants, and he will help you go the right way.

Trusting God means believing that he sees what we cannot see. We may have a plan, a timeline, or a strong feeling about what we want, but our perspective is limited. God sees the bigger picture.

Sometimes we want God to approve our plans instead of asking him to direct them. We want him to bless the decision we've already made, even when we haven't taken time to seek his wisdom.

🚘 **Metaphor moment:** Think of trust like following a GPS. You might believe you know a shortcut, but if you ignore the directions, you could end up stuck in traffic or completely lost.

Trusting God means being willing to follow his directions, even when they differ from your own. Remember God sees down the road. He knows the big picture—so we can trust him.

Notes:

Remember: We don't have to understand everything to trust the One who does.

🧠 **Reflect**

Am I asking God to guide my decisions, or am I asking him to approve what I already want to do?

☝🏼 We need to put God first, not our desires.

Matthew 6:33 ERV

What you should want most is God's kingdom and doing what he wants you to do. Then he will give you all these other things you need.

It's easy to put our desires first and God second. We might pray about a relationship, a new opportunity, a personal goal, or something we really want—but deep down, we may have already decided what the answer needs to be.

Seeking God first means asking questions like these about what we want:

- Does this honor God and put him first in my life?
- Does this line up with God's Word?
- Am I willing to accept his answer, even if it isn't what I hoped for?
- Am I pursuing this because it's wise, or because I'm afraid of missing out?

God is not simply someone we turn to when our plans fall apart. He wants to be part of our decisions from the beginning.

🏡 **Metaphor moment:** Imagine building a house. If the foundation is crooked, everything built on top of it is unstable. In the same way, when we put our desires above God's direction, even something that looks good can lead us somewhere unhealthy.

Remember: Instead of making our plans first and asking God to catch up, we can invite him into the process from the start.

🧠 **Reflect**

What desire, decision, or situation do I need to put back in God's hands?



🏃 Waiting can bring wisdom.

Psalm 37:4 ERV

Enjoy serving the LORD, and he will give you whatever you ask for.

Notes:

Proverbs 19:2 ERV

Being excited about something is not enough. You must also know what you are doing. Don't rush into something, or you might do it wrong.

Proverbs 3:7 ERV

Don't trust in your own wisdom, but fear and respect the LORD and stay away from evil.

Philippians 4:6-7 NLT

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. [7] Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Having desires isn't wrong. Wanting love, friendship, success, purpose, or a better future is normal. But a good desire can still lead to an unwise decision when we pursue it without patience or wisdom.

Sometimes we want something so badly that we stop asking whether it's good for us. We ignore warning signs, rush into relationships, make promises we aren't ready to keep, or act before thinking through the consequences.

As our relationship with God grows, he shapes our hearts, our priorities, and the way we understand what we truly need. When anxiety or pressure makes it hard to wait, God invites us to bring everything to him in prayer, trusting his peace to guard our minds.

Remember: Just because we want something now doesn't mean we need to act now. Waiting is not always a denial from God. Sometimes he is giving us time to grow, recognize a warning sign, or discover that what we wanted wasn't what we needed.

🧠 **Reflect**

Am I willing to let God shape my desires and my timing, or am I trying to force something to happen?

↪️ The Prodigal Son: Impulse can lead to regret.

Before you continue, read the full story of the Prodigal Son in Luke 15:11–24 (ERV). Circle, highlight, or write down any words that stand out to you.

Read the Prodigal Son here

Notes:

Matthew 6:33 ERV

What you should want most is God's kingdom and doing what he wants you to do. Then he will give you all these other things you need.

In Luke 15, Jesus tells the story of a younger son who demands his share of the family inheritance, leaves home, and wastes what he has on reckless living.

At first, leaving may have felt exciting. He had money, freedom, and the chance to do whatever he wanted. But eventually, his money ran out, a famine came, and he found himself in desperate circumstances. The freedom he chased became a trap he never expected.

Then came the turning point. The son realized what he was doing. He stopped pretending everything was fine, faced the truth, and decided to return home.

What can we learn from his story?

- **Impulsive choices have real consequences.** A decision that feels exciting in the moment can create serious problems later.
- **Getting what we want is not the same as being fulfilled.** The son got his money and freedom, but it didn't bring lasting peace or security.
- **We can always return to God.** The father welcomed his son home with open arms. God's mercy is always greater than our worst mistake.

Even if we have rushed into a relationship, reacted out of anger, ignored wise advice, or made a decision we now regret, our mistake does not have to define our future.

Remember: We don't have to keep walking down the wrong road just because we already started.

🧠 **Reflect**

Is there a decision or habit I need to turn away from and bring honestly before God?

⏸️ Pausing can prevent a lot of problems.

James 1:19-20 ERV

My dear brothers and sisters, always be more willing to listen than to speak. Keep control of your anger. Anger does not help you live the way God wants.

Psalm 46:10 NLT

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."

Notes:

When emotions rise, we can feel like we must respond immediately. We want to send the text, post the comment, defend ourselves, make the decision, or prove our point right now.

But not every feeling needs an immediate reaction, and not every thought needs to be spoken. Anger can make a temporary situation worse. Fear can push us into decisions we wouldn't make when calm. Excitement can cause us to overlook red flags.

Slowing down doesn't mean ignoring our feelings—it means giving ourselves space to respond with wisdom instead of letting emotions control us.

Here are some things we can do before we react:

- **Pause.** Wait 10 minutes to calm down before hitting send or responding.
- **Pray.** Ask God for wisdom, patience, and self-control.
- **Check Scripture.** Consider whether this response aligns with God's Word.
- **Seek wise counsel.** Talk to a trustworthy, spiritually mature person if the decision is important.
- **Consider the consequences.** Think beyond what feels good in the moment.

Remember: A pause can prevent a problem that an apology alone may not fix.

🧠 **Reflect**

Where do I most need to slow down—my words, my emotions, my relationships, or my decisions?

📋 Your slow-down decision checklist

Before making a decision—especially when you feel pressured—go through this checklist:

- ☐ **Pause:** Give yourself 10 minutes to calm down before hitting send or responding. Before reacting, ask, "Am I calm enough to think clearly?"
- ☐ **Pray:** Ask God for wisdom, patience, and self-control. Before reacting, ask, "Have I honestly asked God for wisdom and direction?"
- ☐ **Check God's Word:** Consider whether your response aligns with God's Word. Before reacting, ask, "Does this choice line up with biblical truth?"
- ☐ **Seek wise counsel:** Talk to a trustworthy, spiritually mature person if the decision is important. Before reacting, ask, "Have I listened to someone trustworthy who can see what I might be missing?"
- ☐ **Consider the consequences:** Think beyond what feels good in the moment. Before reacting, ask, "Have I thought about what happens after the excitement passes?"

🤔 Final reflection: Trusting God with our next step.

Let's look back at the first verse we read in this study:

Proverbs 3:5-6 ERV

Trust the LORD completely, and don't depend on your own knowledge. [6] With every step you take, think about what he wants, and he will help you go the right way.

Notes:

We may not know exactly how everything will work out. We may be waiting for an answer, struggling with a desire, or trying to figure out what to do next.

But we do not have to solve our whole future today. We just can trust God with the next step.

When we feel pressured, we can slow down. When we feel overwhelmed, we can pray. When we want to force an outcome, we can remember that God's wisdom is far greater than our limited perspective.

Ask yourself:

- What decision or situation is making me feel rushed right now?
- Am I trusting God, or am I relying only on my own impulses and understanding?
- What is one practical step I can take today to seek God's direction?

Final reminder: Pause before you react. Pray before you pursue. Trust God before you take the next step. You don't have to rush to prove yourself, force a relationship, or make something happen before its time. You can slow down, seek God, and choose the wise next step. God's direction is worth waiting for.

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

Share the inspiration!

Save this phone wallpaper and share it with a friend.

QR Code

Download wallpapers here

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.

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.