Grace Abounds Biblical Counseling

The "Four by Four" Worksheet

Learning to Walk with God

Psalm 16:11 (ESV) You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Galatians 5:16 (ESV) But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

This is a rhythm of four brief pauses across the day — roughly morning, midday, evening, and end of day — in which you walk through the same four steps each time. The goal is not merely to be aware of God's presence, but to actively join Him in doing His will: the ordinary things of life, done as His things, in His way, by His power, building His Kingdom. This rhythm trains your heart to abide in Him in an ongoing way, rather than meeting with Him just once per day during your devotional time.

1) Worship — *The Heart's Adoration*

Worship is the action of acknowledging the greatness of God and that He alone is worthy of our lives. Take a few moments to exalt Him for who He is and what He has done — not because He needs our praise, but because we were made to give it, and our heart's affections begin to find their rightful order when He is exalted above all else.

Revelation 4:11 (ESV) Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.

Psalm 95:6 (NASB 1995) Come, let us worship and bow down. Let us kneel before the LORD our Maker.

Am I choosing to give God first place in my heart's affection right now?

2) Consecration / Surrender — *The Heart's Offering*

Offer yourself, your time, your activities, and all that this part of the day holds to the Lord, seeking to do His things His way. Consecration is a choice we keep making throughout our lives — placing ourselves back on the altar as living sacrifices and recognizing that His ways are better than our own.

Romans 12:1 (NASB 1995) I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.

Romans 6:13 (NASB 1995) and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God.

Am I offering all that I am and all that I do to Him?

3) Filling with the Holy Spirit — *The Heart's Dependence*

We need God's power to do anything He calls us to do — apart from the Spirit's enabling, even our best efforts are inadequate. Filling is asking God to give us the ability to do *what* He wants, *how* He wants. When we ask the Holy Spirit to fill us, we admit our ongoing dependence on Him rather than leaning on our own strength. Ask the Holy Spirit to fill you as you step into this part of your day.

Ephesians 5:18 (NASB 1995) And do not get drunk with wine, for that is dissipation, but be filled with the Spirit.

Zechariah 4:6 (NASB 1995) Then he said to me, "This is the word of the LORD to Zerubbabel saying, 'Not by might nor by power, but by My Spirit,' says the LORD of hosts."

Upon what am I depending as I enter this part of the day?

4) Coram Deo — *The Heart's Companionship*

Coram Deo is a Latin phrase meaning "before the face of God." Walk with God throughout your day as your King (obedience to authority), your Father (submissive partnership), and your Friend (companionship) — not merely aware of His presence, but joined with Him, moving through the day together as He works out His will in and through you.

Micah 6:8 (NASB 1995) He has told you, O man, what is good; And what does the LORD require of you but to do justice, to love kindness, and to walk humbly with your God?

John 15:14–15 (NASB 1995) You are My friends, if you do what I command you. No longer do I call you slaves... but I have called you friends, for all things that I have heard from My Father I have made known to you.

How can I walk together with God — in fulfilling His purposes — for this part of the day?

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