

Hygge  
&  
Holy Spirit  
Living

A 15 DAY DAILY DEVOTION SERIES

BY: CHELSEA GENTRY





## Day 1:

*“He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.” – Psalm 46:10*

The theme verse of my life is Psalm 46:10. Whenever anxiety rears its ugly head I find myself repeating those words and I can feel the Lord breathing peace into my soul.

“Be still, dear one. Be still with me and know that I am God. I created the earth. I can handle this small trial you are walking through. I will never give you something you can’t handle, because with me all things are possible.”

Stillness cultivates peace in my soul.

Hygge is the Danish practice of embracing a simpler, slower way of living. It’s the art of coziness in the home. Hygge is peace-filled, and that’s what I desire for my own life. More than anything, I want my life to reflect the love and peace of Jesus.

## Application:

What do you find difficult about being still? What does a peace-filled life look like to you?



## Day 2:

*“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”*

- Hebrews 12:11

Discipline might seem out of place for a hygge and Holy Spirit devotion series. The truth is discipline and preparation are an important part of a hygge life. As an avid organizer, I was pleased to discover that living hygge meant being prepared.

If you need to work out in the morning, set out your clothes. Make your lunch the night before to avoid eating out. Preparing for the day will help alleviate stressful moments and help develop discipline.

I will leave you with these sage words: Consistent drops of discipline produce an ocean of peace.

## Application:

In what area(s) of your life do you lack discipline? What steps can you take today to adopt better habits?



### **Day 3:**

*“You have put more joy in my heart  
than they have when their grain and wine abound.  
In peace I will both lie down and sleep;  
for you alone, O Lord, make me dwell in safety.”  
– Psalm 4:7-8*

I cannot begin to express my love for this particular scripture. A hygge home is meant to feel cozy and safe, but home does not have to be a physical place. They say home is where the heart is, but my home is in the arms of Jesus.

That sounds cheesy, but truly our home is not on this earth. We are only here for a little while before we are reunited with our Father in Heaven. Think about that. No matter where you are, you can find peace and dwell in safely in the arms of our creator.

He puts more joy in my heart than anything this world can give me. Period.

### **Application:**

How does God bring us more joy than this world could ever provide? Write a list of the things God provides that the world cannot.



#### **Day 4:**

“So, whether you eat or drink, or whatever you do, do all to the glory of God.” – 1 Corin 10:31

Last week I read an article that associated hygge with a selfish life. I completely disagree with this comparison. A hygge life is not a selfish life as long as Christ is at the center.

Resisting the chaos of your daily schedule in order to slow down and be still before God is hygge. Gathering a group of friends together for a night of fellowship is hygge. Writing a hand written card of encouragement to someone in need is hygge.

God is the original peacemaker, and we are to reflect God to the world. What's more hygge than spreading peace to the world around us? Whatever you do, do all to the glory of God. Now that's hygge.

#### **Application:**

How can you infuse hygge into your life today? When can a hygge life turn selfish?



## **Day 5:**

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” -1 Thess. 5:16-18

A hygge and Holy Spirit mind is centered on God throughout the day. This practice does not always come easy. What makes it easier for me is choosing to be in constant prayer.

When I feel anxious, I pray.

When I am happy, I pray.

When I don't feel like praying, I pray.

Having a constant discussion with the Lord in my head helps me to feel more at peace and in tune with the Holy Spirit. Praying doesn't have to be at a specific time with structured phrases. It's a conversation between you and God.

## **Application:**

Talk to your Father today. Spend time in prayer, even if you don't feel like it.



## Day 6:

“Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.” – Hebrews 4:11

Strive to enter rest? That seems a little contradictory. Don't we just fall into rest after a long, hard day?

Well the truth is sometimes we do have to strive for rest. Not just physical rest, but spiritual rest. How often do you put off going to sleep, let alone reading the Bible?

In previous days we talked about how a hygge life is a disciplined one. Striving for rest means we must work toward true rest. Schedule your quiet time with God each day and stick to your schedule. Set an alarm to remind you to get to sleep at a decent hour. Don't feel guilty because you are resting. God gave us bodies that require rest, and He never makes mistakes.

### **Application:**

Do you struggle in striving for rest? If so, why are you hesitant to rest physically, emotionally or spiritually?



## **Day 7:**

*“And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.” – Genesis 2:2-3*

God created a day of rest. Did he need to rest after creating the universe? No. God does not get tired. He has all that he needs within Himself. He was modeling rest for us.

When was the last time you took a day off?

PS: I'm not encouraging you to be lazy, but there is something so important about taking a day of rest. If you find yourself busy every single day all day without end, take a break. The world will not fall apart if you take time to recharge, I promise.

## **Application:**

This is our second day discussing rest, but it is often overlooked. How do you treat the Sabbath day? When was the last time you took a day off?





## **Day 8:**

“Blessed are the peacemakers, for they will be called children of God.” – Matthew 5:9

The coronavirus pandemic is causing so much worry. I’m right there with you. Certainly social distancing and taking all precautions is the right and responsible thing to do. We can fight this.

However, I want to also encourage you not to panic. Scripture says blessed are the peacemakers. In this time of trial, we should all strive to be as peaceful as possible. Provide a hygge environment for your self-quarantined family. Don’t panic, just be prepared.

In this season of chaos, choose to be the calm amidst the storm.

## **Application:**

How can you be the calm in the storm? Make a list of things you can do during the quarantine and take it one task at a time.



**Day 9:**

“And he said, “My presence will go with you, and I will give you rest.”” – Exodus 33:14

Anyone else need a little emotional rest? I saw this verse in Exodus and immediately felt more peaceful knowing God does not only give us physical rest, but emotional rest during this time.

God is with us, always. Even in the middle of this current viral storm, He is with us. Use this time at home and away from others to spend time with your Father in Heaven. He will give you true peace. Lay your worries in his hands and take a breath.

**Application:**

Make a list of things that worry you and then cross each of them out as you pray and hand them over to God.



**Day 10:**

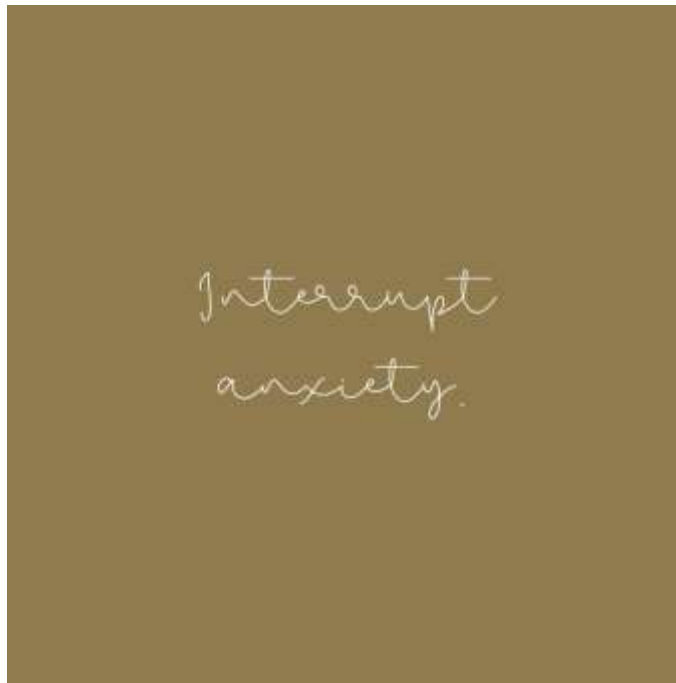
“Return to your rest, my soul, for the Lord has been good to you.” – Psalm 116:7

I love this verse. Return to your rest, oh my soul... That’s something I’ve been repeating to myself a lot lately. The world is in turmoil, but return to rest oh my soul. The Lord has been good to you.

Make this scripture your mantra for those moments when you are most overwhelmed. No matter what God is good. He is with us. He is bigger than this virus.

**Application:**

Do you ever have to coach your soul to remember the truth of who God is? Our God is awesome in power. How has God been good to you this week?



## Day 11:

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” – Matthew 6:34

At the beginning of the quarantine I spent an entire day consumed with worry about the coronavirus, my family, the immune compromised, children who can't eat because they aren't at school... it all just felt overwhelming.

By 3pm I realized I hadn't done any work. The anxiety distracted me from being productive. I thought of this verse in Matthew 6 and realized I was focused on tomorrow.

Interrupt anxiety with the truth. Our God is greater. He is bigger and more powerful than this virus.

## Application:

Whenever you begin to spiral into a panic, interrupt your emotions with truth. What is real? God is for me and He is greater. Write that phrase on a piece of paper and stick it on your mirror as a reminder.



## **Day 12:**

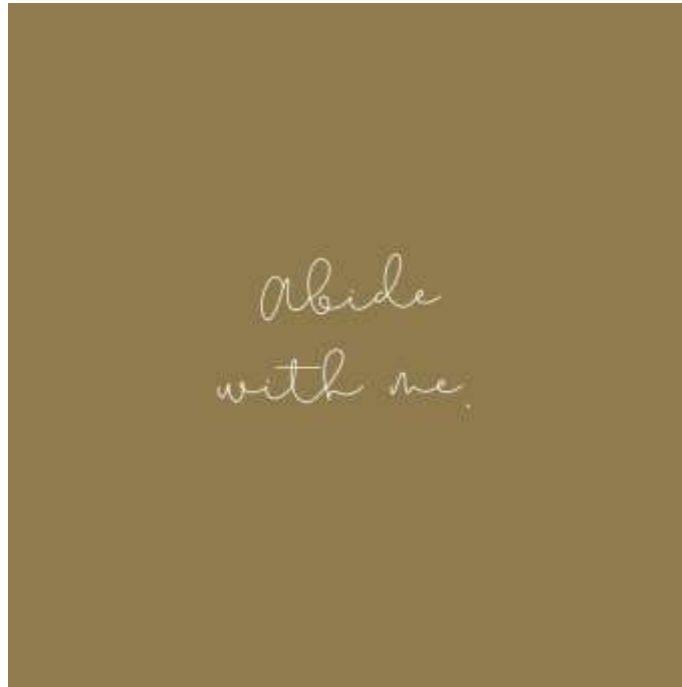
"The thief comes only to steal and kill and destroy.  
I came that they may have life and have it  
abundantly." – John 10:10

Jesus came to this earth so that we might have abundant life. It might not feel like we are living abundantly as of late, with the coronavirus wreaking havoc on the world, but we are truly blessed.

Again, it may not feel that way, but if you have food to eat and a home to sleep in than you are among the wealthiest people on earth. Rather than focusing on what is wrong, let's choose to focus on the good things. The thief comes to steal and destroy, but we have abundant life in Christ.

## **Application:**

How can you live abundantly while at home? What good thing can you do for others in this season?



### **Day 13:**

“My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting places.” – Isaiah 32:18

Home is such a comforting word. It should be a welcoming, safe place for others and for you. That’s the type of home the Lord intends for us as well. Our true home is in heaven with God, and it is the most hygge-filled place.

Our homes should reflect the beauty of heaven. Does that seem like a tall order?

Perhaps, but I don’t mean it to be. We are called to be Christ-like here on earth. If our true home is in heaven, should our earthly homes not reflect where we come from and where we belong?

### **Application:**

In what ways does your earthly home reflect your heavenly home? As a vessel of the Holy Spirit, how do your actions and words reflect Christ?



**Day 14:**

“Do not neglect to show hospitality to strangers,  
for thereby some have entertained angels  
unawares.” – Hebrews 13:2

Hosting is very hygge, but hospitality does not end when you leave your home. You can extend hospitality to strangers when you are in line at the grocery store, driving to work, or eating at a restaurant. You can even be hospitable to people on social media.

Everyone should treat everyone as a child of God. No one has the right to treat anyone else as if they do not matter.

**Application:**

You may not be able to host in the quarantine, but how can you be hospitable to others from afar? What can you do when we are able to gather together again? Prepare for those days now and allow yourself to dream.



## Day 15:

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” – 2 Corinthians 5:17

It's never too late to remake your life. A year ago I started to wonder if I was missing the point. The point of my life, I mean. Every day was centered on work, motion, doing, and acting. Then I made a series of changes and for the first time in years I felt peace.

God does not ask us to be busy. He asks us to be still and know Him, to live like Christ and do all things to the glory of His holy name. Please do not allow your essential self to go silent or ignore the prodding of the God in pursuit of a busier schedule. The world will not collapse if you slow down.

Scripture says if anyone is in Christ, they are made new. Your slate has been wiped clean. Right at this very moment you have a fresh start. Use it wisely.

## Application:

What practical steps can you take today to live a more Hygge and Holy Spirit centered life?