



# Waiting on God

*A 4 Day Devotional*

AWRNSS LLC in collaboration with  
SP, NP in Psychiatry PLLC

Copyright © 2022 by Sohamy Pinard. All rights reserved.

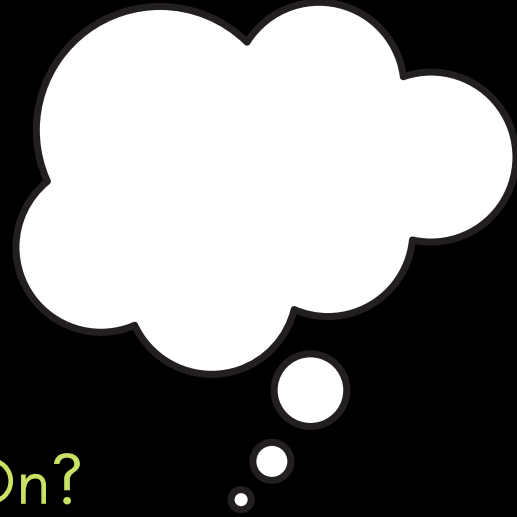
All rights reserved. No part of this work may be reproduced, stored in a retrieval system or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the publisher.

For rights and permissions, please contact:

Sohamy Pinard  
159 20th Street Suite 1B  
Brooklyn, NY 11232

[sppsychnp@awrnss.com](mailto:sppsychnp@awrnss.com)

# Day 1



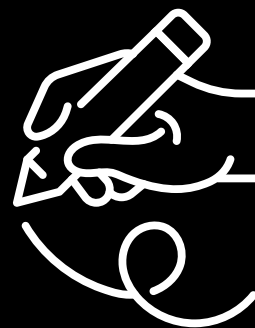
## What Am I Waiting On?

What are the things that I am waiting on God to answer?

Sometimes we think we know what we want but have not done the work to truly know what it is we need.

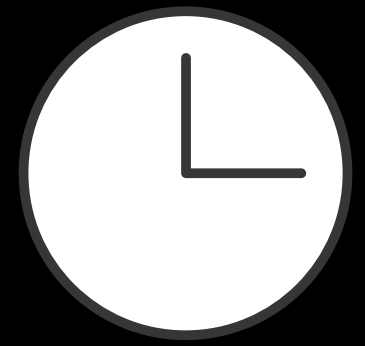
Is it that I want my partner to realize they are wrong in this argument or that I feel they belittle my opinion and value? Is it I want my family to stay away from me or do I need to pray for the patience and strength to deal and heal our generational curses?

Take time to truly flesh out your prayer and the true need, not just the want. Ask God for His help in discernment.



- Job 34: 4
- Psalm 119: 66
- Romans 12: 2
- Philipians 1:9-11

# Day 2



## Have I Even Given God the same time I've given to myself?

Abra-kadabra...appear!!! Nope. That's not how God works when we ask for things (though a trip would be nice about now). There are prayers that He seems to answer right away, then there are those that require...(say it with me)...time. How many years did it take you to create the problem you are now dealing with? So why are you expecting God to just take you out of it with a wave? You can be patient with yourself, but not with God? Or maybe you haven't even learned to be patient with yourself

Try giving Him at least the same amount of time it took to create the mindset; the family issue; the relationship barriers; the depression. Will it take God that long- no. But you can prolong the process if you are battling Him along the way.

- Psalm 27: 13-14
- James 5: 7-8
- 2 Peter 3: 9
- Micah 7:7



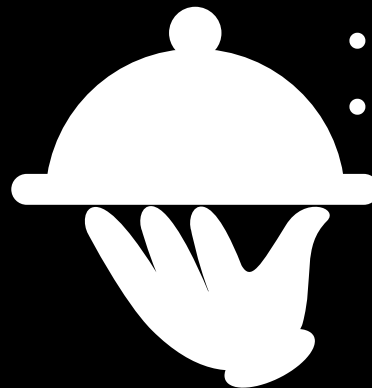
# Day 3

## How Am I Waiting on God?

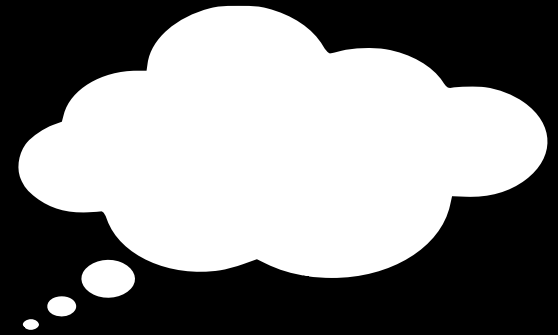
While you wait with faith and expectation for the blessing that God has for you, what are you doing? How are you spending your time? Are you working on the character you need for the next level? Are you being the answer to someone else's prayer? Are you taking care of the temple that He has given you?

This time is not only meant for you to build patience amongst other attributes, but to be a servant of God. To show Him you can be trusted to answer His needs as you are asking Him to answer yours. Take some time to look at those around you and how you can help them as you wait on God- in both definitions of the word.

- Hebrews 6:10
- Galatians 5:13
- Matthew 23:11
- Mark 10:45



# Day 4



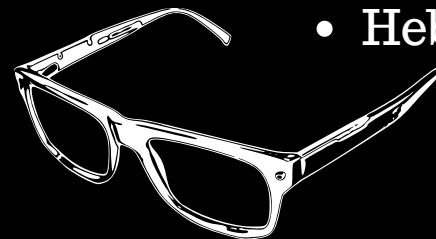
## Am I Prepared For the Answer?

If God just took you out of that bad situation, do you think you would be free of it? What about the mindset that still needs to be broken? You would be walking into blessings with an old, broken, hurt mind and unable to truly enjoy it.

Think of it like this- if you're walking into traffic with broken glasses on and someone leads you to a sidewalk but doesn't give you the time or takes you to the place to fix your glasses, where will you end up again?

And remember a blessing before its time is a curse.

- Job 11: 13
- 2 Timothy 2:21
- 1 Corinthians 2:9
- Hebrews 11: 17



# Day 5

God can only help where you are, not where you pretend to be. Take time to answer each of the devotional questions or speak about it with someone else.



## **You Can't Trick God**

That old way may not work this time

# Extra Reminders

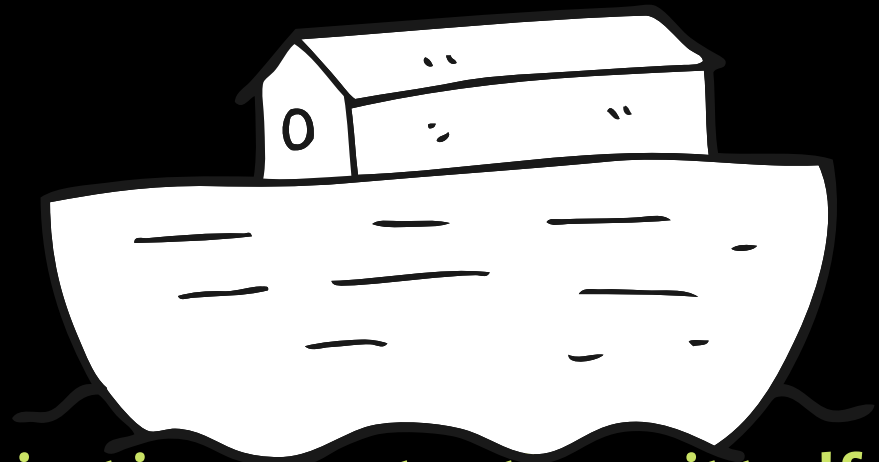
The Story of Jonah- Book of Jonah

The Story of Noah- Genesis 6:8-22

The Story of Joseph- Genesis 37- 41

The Story of Abraham and Sarah- Genesis 16:1-15; 18:1-15; 21:1-2

The Story of Daniel's Fast- Daniel 10:2- 14



**Remember how you wait is just important as the wait tself**



Just like your  
phone needs to  
be charged from  
time to time,  
so do you!



# self-care checklist.

- PUT NOTIFICATIONS ON MUTE
- ORDER YOUR FAVORITE MEAL OR COOK-  
DEPENDING ON YOUR PREFERENCE
- AROMA THERAPY-CANDLES OR OILS
- MOVE FOR AT LEAST 30 MINUTES
- LISTEN TO GOOD MUSIC
- PUT ON COMFORTABLE CLOTHES
- READ A BOOK
- NO SOCIAL MEDIA
- LONG SHOWER OR BATH



**AWRNSS™**  
MENTAL HEALTH IS WEALTH



---

# NP IN PSYCHIATRY PLLC

---

Whether you need

- therapy
- medication management
- faith based counseling
- consultation to figure out where to start
- ESA letters

Visit [www.awrnss.com](http://www.awrnss.com) to book an appointment