CHRIST & CAFFEINE
PODCAST

YOUR SHEPHERD CALLS

A 7-Day Devotional Guide to Hearing His Voice and Living in His Protection

www.ccfmmi.org

Hey, Neighbor!



My name is Chloelle Bond, Lead Servant at Community Christian Faith Ministries, a community for believers to gather together.

Thank you so much for supporting the podcast! The point of this companion guide is help you Pause & Pour. Meaning, taking a moment to stop and connect with your Heavenly Father on a daily basis with sincerity. Leave religion and tradition at the door. The goal is to create a sacred and authentic space so when your moment with Him is over, you feel renewed.

If you're interested in learning more about the ministry or sent a prayer request, check out the website.

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Day 1

The Absolute Authority
John 10:7–9

Scripture Focus

John 10:7-9 (CSB)

"Jesus said again, 'Truly I tell you, I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep didn't listen to them. I am the gate. If anyone enters by me, he will be saved and will come in and go out and find pasture.'"

To truly grasp what Jesus is doing here, we have to look at the Greek phrasing He uses: (ego eimi). When Jesus declares "I am," He isn't just offering a nice metaphor or a soft picture for a Sunday school wall. He is making an absolute, divine statement of authority, which is the exact same declaration God made at the burning bush in Exodus.

By using ego\ eimi, Jesus draws an absolute line in the sand between divine safety and eternal danger. He establishes Himself as the sole authority over your life, your mind, and your protection. As Morris Cerullo once noted, "Before you can truly be effective in God's work, you must be able to HEAR, DISCERN, and OBEY the voice of God, and not listen to the voice of strangers."

When the pressures of life, demanding expectations, or daily stress try to claim authority over your peace, Jesus stands as the supreme ego\ eimi. His word carries the full weight of heaven’s backing.

Pause & Pour

TTake a pause right here. Set down your phone, quiet the demanding voices around you, and step out of the daily rush.

Acknowledge the absolute authority of your Shepherd. Talk to Him straight from your heart without pretense. Tell Him where you’ve been letting lesser voices dictate your peace or decisions.

The Shift: Stop negotiating with chaos. Today, you bow to no other authority, no other timeline, and no stranger's demand. Your Shepherd has spoken, and His word is the final authority over your mind and life.

Day 2

The Melody of Your Shepherd
John 10:3–4

Scripture Focus

John 10:3-4 (CSB)

"The gatekeeper opens it for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought all his own outside, he goes ahead of them. The sheep follow him because they know his voice."

In ancient Israel, multiple shepherds would bring their flocks to a single community watering hole. Naturally, hundreds of sheep would get completely mixed together. But when a shepherd was ready to leave, he didn't use force or coercion; he simply released his distinct call, and his sheep instantly separated themselves from the crowd.

The Hebrew word for voice or sound in this shepherd context is קוֹל (qôl). How did the sheep learn their shepherd's specific qôl? From the moment a lamb was born, the shepherd literally talked, sang, hummed, or whistled to that lamb all day long. Over time, the lamb learned to connect that unique sound with three vital things: safety, food, and water.

As Pastor Ronald Hopkins once noted, "Hearing from God isn't a one time event but it's a pattern of life." Your Shepherd has been singing over you since you were knit in your mother's womb. When negative thoughts, critical opinions, or self-doubt try to call your name, you don't have to follow them. You can separate yourself from the crowd because you know the distinct, loving qôl of your Savior.

Pause & Pour

Clear your mind for a minute. What stranger voices have been shouting over your life lately? Critical opinions? Self-doubt? The pressure of societal expectations?

Practice sitting in the quiet to tune your ear back to your Shepherd's qôl. Give Him room to speak His peace over you.

The Shift: Step out of the crowd. You do not respond to panic, doubt, or criticism anymore because that is not your Shepherd's frequency. When He calls, you move. Period.

Day 3

Freedom in His Going & Coming
John 10:9

Scripture Focus

John 10:9 (CSB)

"I am the gate. If anyone enters by me, he will be saved and will come in and go out and find pasture."

When Jesus promises that His sheep will "come in and go out and find pasture," He is using a rich biblical idiom: יָצָא וָבוֹא (yāṣā' wə-bô'). In ancient Hebrew culture, "to go out and come in" represented complete freedom, total security, and unshakeable peace in one's daily life and movements.

It pictured a community living in such total safety under their leader that people could leave their homes for work, gather sustenance in open fields, and return at night without fear of ambush, panic, or harm.

So many believers live in a state of hyper-vigilance, constantly waiting for the other shoe to drop. But under the care of your Good Shepherd, your daily routine, your going out to handle business, your coming home to rest, your parenting, and your daily labors, is wrapped in His divine security. You don't have to fight for your peace every second; the Shepherd goes ahead of you to secure the land.

Pause & Pour

Where in your daily life have you been walking in fear, anxiety, or constant tension? Where have you lost the beauty of yāṣā' wə-bô' (freedom and security) in your daily routine?

Take your hands off the steering wheel. Bring those exact areas of panic to God and invite Him to go ahead of you.

The Shift: Walk out your door in total authority today. You are not under siege, and you are not vulnerable. Your Shepherd went before you to secure your day, and He is standing guard when you return home.

Day 4

The Body at the Door
John 10:7–8

Scripture Focus

John 10:7–8 (CSB)

"Jesus said again, 'Truly I tell you, I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep didn't listen to them.'"

PThe historical context of the "gate" reveals one of the most stunning pictures of protection in all of Scripture. In the warm grazing seasons, shepherds couldn't always walk their flock all the way back to the main village sheepfold at night. Instead, they used low-walled stone circles out in the countryside that had an open entrance with no wooden door.

At night, after guiding the sheep inside, the shepherd would literally lay his own body across the open gap. He became the physical door (thura).

If a wolf or predator tried to enter, it had to physically step over the shepherd first. And if an anxious sheep tried to wander out into the dark night, it would touch the shepherd and be gently kept inside. As Chloelle shared on the podcast: "Christ is saying to you, as your shepherd, my beloved... I will put myself between you and the danger... I am the gate, nothing's coming through me."

Pause & Pour

What battles or threats have you been trying to fight in your own strength? Where have you been trying to break out of the enclosure out of fear or impatience?

Visualize Jesus lying across the entrance of your life as your physical thura. Surrender the need to defend yourself.

The Shift: Put down your weapons. The threat has to conquer Jesus before it can ever touch you, and Jesus has already overcome the world. Lie down and rest!

Day 5

Order Over Hysteria
1 Corinthians 14:33

Scripture Focus

21 Corinthians 14:33 (CSB)

"For God is not a God of disorder but of peace, as in all the churches of the saints."

In the early church at Corinth, new believers brought chaotic, pagan patterns into Christian worship. Major cults of that day measured religious devotion by how wild, uncontrolled, or ecstatic a person acted, believing divine possession required a total loss of self-control. Paul had to step in and correct them because people were disrupting services and falsely blaming it on the Holy Spirit.

The Greek word Paul uses for disorder is (akatastasia), meaning instability, confusion, and chaotic upheaval. Paul clarifies that "Worship should edify not be self-expression."

Hearing from your Shepherd isn't an unstable, chaotic, or emotionally frantic event. God does not drive you into panic or confusion. His voice brings deep, grounding order to your mind. Hearing from God is a steady pattern of life built on the solid foundation of His written Word.

Pause & Pour

Have you been confusing emotional chaos or mental franticness with spiritual intensity? Where has akatastasia (disorder) tried to sneak into your daily thoughts or spiritual walk?

Ask the Holy Spirit to clear away the chaos and bring His divine order into your heart.

The Shift: Reject the spirit of panic. God is not in the frantic rush, the emotional spiral, or the confusion. Ground your feet on the Word today and demand His divine order in your thoughts.

Day 6

Discerning the Tone
Hebrews 4:12

Scripture Focus

Hebrews 4:12 (CSB)

"For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow, it is able to judge the ideas and thoughts of the heart."

To guard your heart against stranger voices, you must learn to practice (diakrisis), which is the spiritual discernment to weigh and distinguish between different tones and motives. We must "weigh what you're hearing to discern if it's your feelings, thoughts, personal will" or the true voice of God.

Your Shepherd's tone is distinct: His conviction brings light, truth, and restorative peace that leads you closer to Him. On the other hand, the voice of the enemy or stranger carries a tone of harsh condemnation, shame, anxiety, and guilt.

This discernment applies to every part of your life, including your heart posture in giving and serving. In 2 Corinthians 9:7–8, Paul reminds us to check our hearts, asking: "When's the last time you checked your heart? I don't want grudge giving, encourage to seek God." When you weigh what you are hearing through the living Word of God, you can easily separate legalistic guilt from the true, life-giving tone of your Shepherd.

Pause & Pour

Perform an honest "heart check" today. What is the tone of the primary voice driving your actions right now? Is it peace and willing love, or is it guilt, fear, and obligation?

Bring those motives before the Lord.

The Shift: Silence every voice that operates in guilt, fear, or manipulation. If it does not carry the peaceful tone of your Shepherd, it has no authority in your life. Cast it down and walk free!

Day 7

Abiding in the Fold
John 10:10

Scripture Focus

John 10:10 (CSB)

"A thief comes only to steal and kill and destroy. I have come so that they may have life and have it in abundance."

The enemy's single objective is destruction, which means stealing your peace, killing your joy, and destroying your capacity. But Jesus offers abundant life. The key to experiencing this abundance isn't found in legalistic perfection, spiritual performance, or proving your worth. It is found in one simple command: (meno), which means to abide, dwell, and remain.

Think about sheep in a lush pasture: they aren't performing for the shepherd. Sometimes they are eating, sometimes drinking, and often they are simply lying down next to their shepherd in complete stillness. As Chloelle reminded us on the podcast: "It's not about perfection... What it's about is growing in your relationship with Christ enough to where you trust him when he's calling you."

Intimacy with God is built over time through steady presence, just like a lifelong friendship. As you walk through your daily life, you don't need to be hyper-spiritual or anxious. Simply abide in His fold, acknowledge His presence throughout your day, and trust that your Shepherd has laid down His life to keep you completely safe.

Pause & Pour

As you wrap up this companion guide, talk to God about your daily rhythm. Where have you been letting rush, pressure, and religious legalism crowd out your peace?

Release the burden of performance right now.

The Shift: You are done striving. Your job is not to fix the world or perform for God; your job is to remain in Him. Stand still, rest in His pasture, and watch Him protect and provide for everything concerning you.



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