

Do you obey the nudge, or *talk it away?*

> *"Delayed obedience is disobedience." — Streams in the Desert*

Clare De Graaf built an entire book around one simple habit: when the Holy Spirit prompts you, act within ten seconds.

Just do the next thing you're reasonably certain Jesus wants you to do.

Sometimes it's a nudge to act. Sometimes He brings someone to mind. They're rarely loud, but instead a "still small voice," as described in 1 Kings 19:12. These promptings tend to fall into a few categories: a reminder, a warning, or specific guidance.

Wait past the ten seconds, and another voice shows up: you don't have time, you're not sure you should, someone else will handle it.

If you talk yourself out of it, the moment for obedience passes, often to your relief. Do that enough times, and you've quietly trained yourself into a habit of disobedience.

The reverse is also true. Small, immediate obedience builds the kind of character that's ready when the bigger moments come. Habit research points the same way: behaviors become automatic through repetition, in one well-known study over about two months on average.

None of this requires certainty. It only requires being reasonably sure, and moving.

For leaders, these moments rarely look urgent: a call, a word of thanks. Then the day fills up.

At Boaz Strategic, we develop leaders who recognize God's still small voice and act on it.

Sources: De Graaf, The 10-Second Rule; Streams in the Desert (May 14); Lally et al., Eur. J. Soc. Psych. (2010)