A RYAN WILSON PROJECTS CREATION

PROVERBS-A-DAY

Desk Cards for Truckers & Shift Workers

90 cards. One Proverb, one 2-minute reflection,
and one practical prompt for every shift.

Built for cabs, break rooms, lockers, and night desks —
where a verse you can read in a minute can steer a whole day.

SAMPLE EDITION • CARDS 1–30 • $9 FULL 90-CARD PDF

Scripture text: World English Bible (public domain) • Print at 100% on card stock, trim on guides

Proverbs 3:5-6

"Trust in Yahweh with all your heart, and don't lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight."

2-MINUTE REFLECTION

On a long haul you cannot see past the next curve, the next weather front, or the next dispatch change. This proverb does not ask you to figure it all out from the cab. It invites you to trust the One who sees the whole route while you faithfully drive the mile in front of you.

DO THIS SHIFT →

Before you roll, name one thing you cannot control today out loud in prayer, then name one thing you can do well. Drive that one thing.

Proverbs 16:3

"Commit your deeds to Yahweh, and your plans shall succeed."

2-MINUTE REFLECTION

Committing your load is not magic for an easy day. It is handing God the manifest before the day hands you surprises. When the plan is surrendered first, a delay becomes a detour you can meet with a clear head instead of a clenched jaw.

DO THIS SHIFT →

Write today's destination and one worry on your log or phone notes. Put 'Committed' above both, and start the shift.

Proverbs 17:22

"A cheerful heart is a good medicine, but a crushed spirit dries up the bones."

2-MINUTE REFLECTION

Fatigue on nights is real, and this verse never shames a tired body. It does remind you that a small lift matters: a song you love, a kind word at the counter, a laugh on a call home. Cheer is not denial. On a hard shift, it is medicine you are allowed to take.

DO THIS SHIFT →

Pick one deliberate lift for this shift: a favorite worship song, a funny voicemail from home, or a thank-you to someone working beside you.

Proverbs 15:1

"A gentle answer turns away wrath, but a harsh word stirs up anger."

2-MINUTE REFLECTION

Docks, dispatch, traffic, and tired customers can all raise the temperature fast. A gentle answer is not weakness; it is a skilled driver keeping a rig out of a ditch. You may not control their tone, but you can keep yours from adding fuel.

DO THIS SHIFT →

Next tense exchange, lower your volume one notch and slow your first sentence. Watch what it does to the whole conversation.

Proverbs 4:23

"Keep your heart with all diligence, for out of it is the wellspring of life."

2-MINUTE REFLECTION

Hours alone with your thoughts can fill a cab with either prayer or poison. What you listen to, replay, and resent will eventually steer how you speak and drive. Guarding your heart on the road is as practical as checking your mirrors.

DO THIS SHIFT →

Audit one input today: swap 20 minutes of outrage radio or scrolling for Scripture audio, silence, or a life-giving podcast.

Proverbs 19:21

"There are many plans in a man's heart, but Yahweh's purpose will prevail."

2-MINUTE REFLECTION

You planned the fuel stop, the sleep window, and arrival time, and then construction rewrote all of it. This proverb steadies shift workers whose schedules rarely survive contact with reality. Hold your plans with open hands and trust that God's purpose is not stuck in the same traffic.

DO THIS SHIFT →

When a plan breaks today, say: 'My plan changed. God's purpose hasn't.' Then make the next wise, safe adjustment.

Proverbs 11:25

"The liberal soul shall be made fat. He who waters shall be watered also himself."

2-MINUTE REFLECTION

It is easy to feel poured out when everyone needs something from you and the shift is not over. Generosity here is often tiny: holding a door, sharing your charger, checking on the new hire. God has a way of refreshing the refresher, often through the very people around you.

DO THIS SHIFT →

Do one small, unnoticed kindness on this shift and do not post it or mention it. Let it be between you and God.

Proverbs 14:30

"A peaceful heart is life to the body, but envy is rottenness to the bones."

2-MINUTE REFLECTION

Comparing routes, pay, trucks, or schedules with everyone else will eat a good shift alive. Peace is not pretending your job is easy. It is thanking God for what is yours to steward today instead of rehearsing what someone else got.

DO THIS SHIFT →

Name three specific goods in your current assignment, however small, and thank God for each by name.

Proverbs 12:24

"The hands of the diligent shall bear rule, but laziness leads to forced labor."

2-MINUTE REFLECTION

Good drivers and good hands are made in the unglamorous checks nobody applauds: the walk-around, the paperwork done right, the call made early. Diligence today prevents the crisis that forces everyone's hand tomorrow. Faithfulness in small inspections is leadership, even if no one calls it that.

DO THIS SHIFT →

Do your pre-shift check like someone's family is counting on it, because they are. Do not skip the one step you usually rush.

Proverbs 18:10

"Yahweh's name is a strong tower: the righteous run to him, and are safe."

2-MINUTE REFLECTION

Warehouses, highways, and hospital corridors at 3 a.m. can feel exposed and lonely. This verse gives you a place to run that is not a place at all, but a Name. Safety in God does not mean nothing hard happens; it means you are never unheld inside it.

DO THIS SHIFT →

Memorize the first half of this verse and repeat it on your next dark stretch or difficult hallway. Run to the Name, not just from the fear.

Proverbs 3:24

"When you lie down, you will not be afraid. Yes, you will lie down, and your sleep will be sweet."

2-MINUTE REFLECTION

Day sleep in a cab, a bunk, or a house full of daytime noise is rarely sweet. Still, God cares about your rest, not just your output. Bring Him the racing mind and the reversed clock, and let sleep itself become an act of trust instead of another shift to survive.

DO THIS SHIFT →

Before sleep, read this verse aloud, darken the space as fully as you can, and leave your phone outside arm's reach for the first sleep cycle.

Proverbs 20:13

"Don't love sleep, lest you come to poverty. Open your eyes, and you shall be satisfied with bread."

2-MINUTE REFLECTION

This is balance to the verse about sweet sleep: rest is a gift, and showing up awake is a calling. For shift workers it is less about laziness and more about stewardship, preparing your body so you can be alert when lives depend on it. Poverty here can be missed chances, not just missed pay.

DO THIS SHIFT →

Set one non-negotiable wake-up anchor today: light, water, movement, and no snooze spiral. Get up like the shift matters.

Proverbs 16:32

"One who is slow to anger is better than the mighty; one who rules his spirit, than he who takes a city."

2-MINUTE REFLECTION

Anyone can blow up at a four-wheeler, a supervisor, or a broken system. Ruling your spirit at mile 400 is the stronger feat. God counts self-control as might, even when no one else sees the battle you just won inside the cab.

DO THIS SHIFT →

Create a pause rule: hands on the wheel, breath out slowly, count to five before you respond to the next provocation.

Proverbs 27:17

"Iron sharpens iron; so a man sharpens his friend's countenance."

2-MINUTE REFLECTION

Solo miles and solo shifts can dull a person without them noticing. You need at least one voice that tells you the truth with love: a spouse, a friend, a fellow driver, a mentor. Sharpening involves friction, and that friction, received well, keeps you from going blunt in faith and character.

DO THIS SHIFT →

Text or call one sharpening friend today with a real question, not small talk: 'What have you noticed in me lately?'

Proverbs 10:19

"In the multitude of words there is no lack of disobedience, but he who restrains his lips does wisely."

2-MINUTE REFLECTION

CB chatter, break-room talk, and group chats reward the quickest line, not the wisest one. Restraint is not silence forever; it is refusing to say the extra sentence that turns venting into gossip or a joke into a wound. Wise lips save relationships that tired mouths can spend in seconds.

DO THIS SHIFT →

In your next venting moment, cut your complaint in half. Say what is true and needed, and leave the extra story unsaid.

Proverbs 29:25

"The fear of man proves to be a snare, but whoever puts his trust in Yahweh is kept safe."

2-MINUTE REFLECTION

Pressure to fudge a log, skip a check, or stay silent about an unsafe call often wears a human face. Fear of people can snare a good worker faster than fatigue. Trusting God gives you a spine: respectful, clear, and unwilling to trade safety or integrity for approval.

DO THIS SHIFT →

Identify one place you are tempted to please people over doing right. Decide your line before the moment arrives, and tell a trusted person.

Proverbs 6:6

"Go to the ant, you sluggard. Consider her ways, and be wise."

2-MINUTE REFLECTION

The ant does not need a supervisor, a motivational speech, or perfect conditions to do the next faithful thing. For workers worn down by routine, this is dignity: small, steady preparation beats heroic cramming. Your future self, on a brutal shift next week, will thank the ant in you today.

DO THIS SHIFT →

Prep one thing ahead for your next shift before this one ends: clothes, food, fuel, tools, or meds laid out and ready.

Proverbs 21:5

"The plans of the diligent surely lead to profit; and everyone who is hasty surely rushes to poverty."

2-MINUTE REFLECTION

Haste on the road looks like profit and often bills you later in tickets, mistakes, rework, or worse. Diligent planning is not slowness; it is speed with a map. A few minutes spent planning fuel, rest, and timing can save hours and keep everyone safe.

DO THIS SHIFT →

Spend five unhurried minutes planning your next leg or shift block: route, rest, fuel or food, and one backup if it goes sideways.

Proverbs 17:14

"The beginning of strife is like breaching a dam, so drop the matter before it bursts."

2-MINUTE REFLECTION

Most blowups start as a leak: a sarcastic reply, a repeated slight, a text sent tired. Wisdom knows when dropping it is not losing. Some arguments at work and at home cost far more than being right is worth, especially at the end of a long night.

DO THIS SHIFT →

If a small conflict starts today, be the one who lowers the water: apologize for your part early or step away kindly before it bursts.

Proverbs 13:20

"One who walks with wise men grows wise, but a companion of fools suffers harm."

2-MINUTE REFLECTION

Your regular voices become your normal. The podcasts in your earbuds, the crew you eat with, and the friends you call on breaks are forming you shift by shift. Choose companions, even audio companions, who make you wiser, steadier, and kinder, not more cynical.

DO THIS SHIFT →

Choose one wise voice to walk with this week: a mentor, a sermon series, or a book, and schedule it like a stop on your route.

Proverbs 22:29

"Do you see a man skilled in his work? He will serve kings. He will not serve obscure men."

2-MINUTE REFLECTION

Skill is built in obscurity long before it is noticed: the smooth backup, the clean handoff, the machine left better than you found it. God sees craftsmanship done at midnight as clearly as work done on a stage. Do excellent work because it is worship, not only because someone is watching.

DO THIS SHIFT →

Pick one ordinary task today and do it with craftsman care. Leave your station, rig, or paperwork noticeably better for the next person.

Proverbs 8:35

"For whoever finds me finds life, and will obtain favor from Yahweh."

2-MINUTE REFLECTION

Wisdom in Proverbs is not a tip sheet; she is a way of finding life in God Himself. Tired workers do not just need hacks for surviving nights, they need life that fatigue cannot drain. Seeking wisdom daily, even for two minutes, is seeking the God who gives Himself.

DO THIS SHIFT →

Treat today's two minutes as seeking a Person, not just a principle. End by praying: 'Lord, I want You, not just advice.'

Proverbs 24:10

"If you falter in the time of trouble, your strength is small."

2-MINUTE REFLECTION

This honest verse is not condemnation; it is a diagnostic before trouble comes. Hard days reveal where we need training, rest, community, and prayer, not where we need shame. Build strength in ordinary shifts so trouble does not get the final say about you.

DO THIS SHIFT →

Name your weakest point honestly: sleep, prayer, fitness, or support. Take one small step to strengthen it this week.

Proverbs 31:17

"She arms her waist with strength, and makes her arms strong."

2-MINUTE REFLECTION

Written of a capable woman, this honors every worker who strengthens what the job demands instead of merely enduring it. For drivers and night staff, strength can mean stretching, walking a lot, treating pain early, and building a body that can serve for years. Stewarding strength is spiritual work.

DO THIS SHIFT →

Use one break for strength, not just sitting: a short walk, stretches for back and shoulders, and water before caffeine.

Proverbs 2:6

"For Yahweh gives wisdom. Out of his mouth comes knowledge and understanding."

2-MINUTE REFLECTION

Experience teaches much, but wisdom ultimately comes from God, which means a tired worker can ask and receive. You do not have to manufacture good judgment on an empty tank. Prayer is not a last resort for decisions at work; it is the source Proverbs points to first.

DO THIS SHIFT →

Before your next real decision on shift, pause and ask aloud: 'Lord, give me wisdom from Your mouth.' Then decide slowly.

Proverbs 28:13

"He who conceals his sins doesn't prosper, but whoever confesses and renounces them finds mercy."

2-MINUTE REFLECTION

Covering a mistake on a log, with a patient, or at home may protect an image for a day and cost peace for months. Mercy is on the other side of honest confession, not on the other side of a perfect record. God meets the worker who comes clean with grace, and often people do too.

DO THIS SHIFT →

If you need to own something, do it today, simply and without excuses. Confess to God first, then to the person affected if needed.

Proverbs 9:10

"The fear of Yahweh is the beginning of wisdom. The knowledge of the Holy One is understanding."

2-MINUTE REFLECTION

Every skill in this deck rests on a starting line: reverence for God. Fear here is awe, not terror, remembering Who is holy, Who is in charge, and who you are before Him. A shift that begins with awe tends to produce humility, honesty, and courage in the hours that follow.

DO THIS SHIFT →

Begin your shift with 30 seconds of deliberate awe: no requests, just 'You are holy, and You are with me here.'

Proverbs 25:11

"A word fitly spoken is like apples of gold in settings of silver."

2-MINUTE REFLECTION

The right word at the right time can change a whole shift: encouragement to a rookie, thanks to a tired nurse or dispatcher, a calm word to a stranded stranger. Fitly spoken words are crafted, not accidental. Listen first, and your words will land like something precious instead of noise.

DO THIS SHIFT →

Deliver one fitly spoken word today: specific, timely encouragement to one person, naming exactly what they did well.

Proverbs 30:5

"Every word of God is flawless. He is a shield to those who take refuge in him."

2-MINUTE REFLECTION

When company policy changes, schedules flip, and rumors fly, you need one word that does not wobble. God's Word is flawless footing for workers whose world changes by the shift. Taking refuge is active: you bring your fear under His promise on purpose, again and again.

DO THIS SHIFT →

Write one promise from today's verse on a sticky note or dashboard card and keep it visible for the entire shift.

Proverbs 1:7

"The fear of Yahweh is the beginning of knowledge; but the foolish despise wisdom and instruction."

2-MINUTE REFLECTION

Card 30 returns to the beginning because every journey does. Knowledge for the road is not just knowing routes, systems, and shortcuts; it is remaining teachable before God and people. The worker who can still be instructed at year twenty is safer, wiser, and younger at heart than the one who stopped learning at year two.

DO THIS SHIFT →

Ask one person with more experience than you for one tip today, and receive it without defending yourself. Write it down.

How to use this deck

1. Keep the deck where your shift starts: visor, locker, desk, or lunch bag.
2. Draw one card per shift. Read the verse aloud if you can.
3. Take two unhurried minutes with the reflection — coffee in hand is fine.
4. Do the prompt before the shift ends. Small and done beats big and someday.
5. Flip the card face-down in a 'done' pile. At Day 90, shuffle and begin again.

Printing: Print double-sided or single-sided at 100% scale on heavy card stock (65–110 lb). Trim to 6 × 4 in. A corner rounder keeps cab cards pocket-friendly. You may print one copy for personal use and one for a gift. Please do not resell or upload the file — that is how a $9 deck stays sustainable for its makers.

For fleets, churches, and ministries: bulk licensing is planned for the full release.

"Your word is a lamp to my feet, and a light for my path." — Psalm 119:105 (WEB)