



5 DAY DEVOTIONAL

SERIES: FAMILY MATTERS | SERMON 4

Sermon: Fighting The Enemy Inside Your Home

SPEAKER: REV. CHRIS SMITH | 9/14/2025 | PAGE 1 OF 5

Day 1: Guarding the Heart

Devotional: Our hearts are precious. They're the wellspring of everything we do, think, and feel. In today's world, where messages bombard us from every direction, protecting our hearts has never been more crucial. God's Word gives us clear instruction about this vital responsibility. We must guard our hearts with all diligence—not casual attention, but focused, intentional care. Why? Because everything in our lives flows from our heart condition. Think about a garden. When well-tended, it produces beautiful flowers and nourishing fruit. But neglect it, and weeds quickly take over. Our hearts work the same way. What we allow in—through our eyes, ears, and thoughts—eventually grows and bears fruit in our lives. The enemy understands this principle all too well. He targets our hearts, especially the tender hearts of children, knowing that capturing them early creates lifelong patterns that are difficult to break. Today, consider what you're allowing into your heart garden. Are you permitting content that nourishes your spirit, or are you consuming messages that plant seeds of discontent, impurity, or worldliness? The choice might seem small in the moment, but over time, these decisions shape who we become. Guarding your heart isn't about living in fear or isolation. It's about being intentional with what you value and protect. It's about recognizing that your heart is worth defending because God treasures it.

Bible Verse: "Keep your heart with all diligence, for out of it spring the issues of life." - Proverbs 4:23

Reflection Question: What specific influences in your life might be planting unhealthy seeds in your heart, and what practical steps could you take this week to better guard against them?

Quote: Satan desires the hearts of our children. He desires the hearts of our children and so we need to be aware of that. The Bible says not to be ignorant of Satan's devices. And we know that he wants the heart of our children and we know we are called to be influenced.

Prayer: Heavenly Father, help me recognize the importance of guarding my heart. Give me wisdom to discern what influences I should welcome and which I should avoid. Create in me a clean heart that delights in Your ways rather than the world's distractions. In Jesus' name, amen.

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Day 2: Delighting in the Lord

Devotional: In a world constantly vying for our attention, where do we find true satisfaction? Social media, entertainment, possessions—these things promise fulfillment but often leave us feeling emptier than before. God offers a different path. When we delight in Him—finding joy in His presence, excitement in His Word, and satisfaction in His ways—something remarkable happens. Our desires begin to align with His. The things that once seemed so important fade in comparison to knowing Him. Delighting in the Lord isn't a duty; it's a discovery. It's realizing that the Creator of the universe offers relationship that satisfies our deepest longings. When we taste and see that He is good, worldly substitutes lose their appeal. This delight transforms our wants. Instead of craving what the world says we should have, we begin desiring what God knows we need. Our hearts, once restless for more possessions or experiences, find contentment in His presence. The beautiful promise is that as we delight in Him, He gives us the desires of our heart. Not necessarily every passing whim, but the true, deep desires that align with His purpose for us—love, meaning, peace, and joy. Today, consider what truly delights you. Where do you find yourself investing your best time and energy? Are you experiencing the satisfaction that comes from delighting in God, or are you chasing lesser pleasures that never quite deliver?

Bible Verse: "Delight yourself also in the LORD, And He shall give you the desires of your heart."
- Psalms 37:4

Reflection Question: What practical steps could you take to shift your delight from worldly entertainment to finding joy in your relationship with God?

Quote: How can we delight ourselves in God when we are constantly consumed by social media?

Prayer: Lord, forgive me for seeking satisfaction in things that don't truly fulfill. Help me discover genuine delight in You—in prayer, in Your Word, and in Your presence. Realign my desires with Yours, and teach me the joy of finding my greatest pleasure in You. In Jesus' name, amen.

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Day 3: Breaking Free from Discontentment

Devotional: Discontentment is one of the enemy's most effective tools. It whispers that what we have isn't enough, who we are isn't sufficient, and where we are isn't satisfactory. This subtle poison affects our relationships, our work, and our spiritual lives. We see this strategy from the very beginning. In a perfect garden with abundance all around, Satan directed Eve's attention to the one thing she couldn't have. Despite having everything they needed, Adam and Eve fell for the lie that they were missing out. Today, we face the same temptation. Advertising, social media, and entertainment constantly highlight what we lack rather than what we possess. This creates an entitlement mentality—a belief that we deserve more than we have. God's Word warns us about loving the world and its empty promises. When we chase after worldly status, possessions, or pleasures, we're pursuing things that won't last and can't satisfy our deepest needs. The antidote to discontentment is gratitude. When we intentionally thank God for what we have rather than focusing on what we lack, our perspective shifts. We begin to recognize the abundance already present in our lives. Perhaps the most powerful prayer for our time is simply: "God, help me to want what I have." This isn't settling for less; it's recognizing the value of what God has already provided and finding contentment in His sufficient grace.

Bible Verse: "Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever." - 1 John 2:15-17

Reflection Question: In what areas of your life do you struggle most with discontentment, and how might practicing gratitude help you combat the enemy's lies in those specific areas?

Quote: Adam and Eve had the garden. There was no taxes. Amen. They didn't have to want for anything. And yet Satan pointed at that one thing they had the whole garden.

Prayer: Heavenly Father, forgive me for the times I've been ungrateful and discontent. Open my eyes to see the blessings You've already given me. Help me to want what I have rather than constantly craving more. Fill my heart with thanksgiving instead of entitlement. In Jesus' name, amen.

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Day 4: Breaking the Chains of Addiction

Devotional: Freedom. It's what Christ promises and what our hearts long for. Yet many of us find ourselves bound by habits, dependencies, and addictions that control our lives more than we'd like to admit. Addiction comes in many forms—not just substances, but also digital distractions, unhealthy relationships, work, food, shopping, or anything that begins to master us rather than serve us. These chains often form gradually, link by link, until we find ourselves bound. Paul reminds us that while many things are lawful, not everything is beneficial. And he refuses to be brought under the power of anything except Christ. This is the essence of freedom—not doing whatever we want, but having the power to choose what's best. The imagery is powerful: Would you rather be gently led by a loving Shepherd or violently snatched around by a chain? Addiction promises pleasure but delivers bondage. It offers escape but creates a prison. The good news is that God hasn't called us to a life of addiction. The same power that raised Christ from the dead is available to break whatever chains bind us. Freedom isn't found in our own willpower but in surrendering to God's greater power. Today, honestly assess what might have too much control in your life. What would be difficult to give up for a month? What consumes your thoughts? What behaviors do you hide from others? These questions can reveal areas where freedom is needed.

Bible Verse: "All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any." - 1 Corinthians 6:12

Reflection Question: What area of your life feels most out of control right now, and what would one step toward freedom in that area look like?

Quote: Would you rather be led, or would you rather be snatched around on a chain? Think about that. And that's what addiction does. It snatch us around on a chain.

Prayer: Lord Jesus, thank You for the freedom You offer. I confess the areas where I've allowed myself to be mastered by things other than You. Break the chains that bind me, and teach me to walk in the freedom You purchased at such great cost. Help me to be led by Your Spirit rather than dragged by addiction. In Your powerful name, amen.

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Day 5: Redeeming the Time

Devotional: Time is our most precious and limited resource. Each of us receives the same allotment—24 hours daily—yet how differently we invest these moments. In a world of endless distractions, using our time wisely has never been more challenging or more important. The apostle Paul urges us to redeem the time because the days are evil. To "redeem" means to buy back or rescue from loss. It suggests intentionality—actively reclaiming moments that might otherwise be wasted. Entertainment and media constantly compete for our attention. While not inherently wrong, these can easily consume hours that might be invested in relationships, spiritual growth, or meaningful service. When entertainment becomes our primary focus, it can slowly displace God from the center of our lives. Consider how much time you spend on various activities. How many hours go to social media, television, or games compared to prayer, Scripture, or serving others? Our time allocation reveals our true priorities more accurately than our words. The spiritual battle we face is real, and Satan understands the value of our time. By filling our days with distractions, he keeps us from the relationships and pursuits that would strengthen our faith and extend God's kingdom. Today, look for opportunities to redeem time—to rescue moments that might otherwise slip away. This isn't about rigid schedules but about intentional living, making choices that reflect eternal values rather than temporary pleasures.

Bible Verse: "See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil." - Ephesians 5:16

Reflection Question: If you tracked your time use for one week, what would it reveal about your priorities, and what is one specific change you could make to better align your time with your spiritual values?

Quote: We are in a spiritual battle. There's no vacuum in the spiritual world. You're either. Jesus said, you're either for me or you're against me. Just two teams, just two sides.

Prayer: Heavenly Father, thank You for the gift of time. Forgive me for the moments I've wasted on things that don't matter eternally. Help me recognize the value of each day and use my hours wisely. Teach me to invest in relationships, in Your Word, and in service that brings lasting fruit. In Jesus' name, amen.

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