



## 5 DAY DEVOTIONAL

### Sermon: If I Could Just Fly Away

**SPEAKER: REV. CHRIS SMITH | 3/1/2026 | PAGE 1 OF 5**

#### Day 1: When Trust Is Broken

**Devotional:** Betrayal cuts deeper than any other wound because it comes from those closest to us. When someone we trusted completely turns against us, the pain feels unbearable. David knew this agony when his own son Absalom and trusted friend Ahithophel betrayed him. His words in Psalm 55 capture that desperate desire to escape: "Oh, that I had the wings of a dove! I would fly away and be at rest." What makes betrayal so devastating isn't just the action itself, but the source. As one pastor noted, "What makes betrayal so painful is it's not inflicted by somebody that you know to start with is mean to the core. It's by a person that should love you." The wound goes beyond the surface because it shatters our sense of safety and trust. Yet even in our deepest pain, we're not alone. Jesus understands betrayal intimately - He was denied by Peter, abandoned by His disciples, and betrayed by Judas. He knows the ache of broken trust and shattered relationships. When betrayal strikes, remember that Christ walks with you through this valley, understanding every tear and every sleepless night.

**Bible Verse:** "My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me. I said, 'Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and storm.'" - Psalms 55:4-7

**Reflection Question:** How does knowing that Jesus experienced betrayal from His closest friends change your perspective on your own experience of broken trust?

**Quote:** Betrayal represents one of the deepest emotional wounds that we can experience is betrayal. And Jesus understands that pain.

**Prayer:** Lord, when betrayal overwhelms me, help me remember that You understand this pain completely. Give me strength to face each day knowing You walk beside me through this valley.

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#### Day 2: Finding Your Safe Place

**Devotional:** When betrayal leaves us reeling, our first instinct might be to vent our pain on social media or lash out at others. But there's a better way - a safer place to take our emotional distress. David shows us this path when he declares, "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge." God becomes our unshakeable foundation when human relationships crumble. Unlike people who can disappoint and betray us, God remains steadfast and unmovable. "When you don't know who to trust, we know that we can put our trust in God. He is my rock. He's steadfast. He's not moving. He's not going anywhere." The safest place for our raw emotions isn't a public platform or even well-meaning friends who might not understand. It's the throne of grace, where we can pour out our hearts completely without fear of judgment or further betrayal. God can handle our honest emotions - our anger, confusion, and pain. There's something powerfully healing about venting completely to the One who created us and loves us unconditionally.

**Bible Verse:** "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. I called to the Lord, who is worthy of praise, and I have been saved from my enemies." - Psalms 18:2-3

**Reflection Question:** What would change in your life if you consistently brought your emotional pain to God first instead of seeking comfort elsewhere?

**Quote:** The safest place to take our emotional distress is to the throne of grace. We see people that rant and rave on social media. Let me tell you something, that's not the place to take our emotional distress.

**Prayer:** Father, help me remember that You are my safe place when life feels chaotic. Teach me to run to You first with my pain and confusion.

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#### Day 3: Breaking Free from Bitterness

**Devotional:** Betrayal has a way of replaying in our minds like a broken record. We rehearse the painful moments, analyze every detail, and wonder how we missed the signs. But this mental replay becomes a trap that Satan uses to steal our peace and plant seeds of bitterness in our hearts. Bitterness is like taking poison and expecting it to hurt the other person. It becomes a cancer to our soul, eating away at our joy, peace, and ability to trust again. When we allow anger to control us and seek revenge, we're only hurting ourselves further. The person who betrayed us moves on with their life while we remain trapped in the past. God's way is different. He calls us to "be still before the Lord and wait patiently for him; do not fret when people succeed in their ways." This doesn't mean we ignore the pain or pretend it didn't happen. Instead, we choose to release our anger to God, trusting His perfect timing and justice. When we stop rehearsing the betrayal and start focusing on God's faithfulness, healing can begin. His way is always better than ours, even when it's harder to follow.

**Bible Verse:** "Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil." - Psalms 37:7-8

**Reflection Question:** What specific thoughts or memories do you need to stop rehearsing and surrender to God's justice instead?

**Quote:** Being bitter toward a person is like somebody described it, you taking a poison and expected it to affect them. Bitterness is a cancer to the soul along with that uncontrolled anger and that revenge.

**Prayer:** Lord, help me release the poison of bitterness from my heart. Give me strength to trust Your timing and justice rather than seeking my own revenge.

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#### Day 4: The Power of Praying for Your Betrayer

**Devotional:** Perhaps the most challenging command Jesus gives us is to pray for those who hurt us. Everything within us wants to retaliate, to make them pay for the pain they've caused. But Jesus calls us to a higher way: "Love your enemies and pray for those who persecute you." Praying for someone who betrayed us stretches our faith like nothing else can. It goes against every natural instinct and forces us to depend completely on God's strength. Yet this act of obedience becomes a pathway to freedom. When we pray for our betrayer's well-being instead of their downfall, something supernatural happens in our own hearts. This doesn't mean we become doormats or pretend the betrayal didn't matter. Forgiveness is between us and God - it's not the same as reconciliation, which requires both parties. We can forgive and still maintain healthy boundaries. But when we choose to pray blessing over curse, we break the chains that bind us to bitterness and open our hearts to God's healing grace. His faithfulness to His word means this difficult path leads to restoration and peace.

**Bible Verse:** "But I tell you, love your enemies and pray for those who persecute you."  
- Matthew 5:44

**Reflection Question:** What would it look like practically for you to pray blessing instead of curse over the person who betrayed you?

**Quote:** Being hurt by someone and praying for them instead of retaliating, then it stretches our faith because everything within you wants to go the other direction.

**Prayer:** God, give me supernatural strength to pray for those who have hurt me. Help me trust that Your way of love leads to true freedom and healing.

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#### Day 5: Choosing Today's Joy

**Devotional:** After walking through the valley of betrayal, we face a daily choice: will we live in today's possibilities or yesterday's pain? David reminds us, "This is the day the Lord has made; we will rejoice and be glad in it." But Satan wants to steal this joy by constantly digging up buried bones from our past. Every morning, we can choose to focus on God's faithfulness today rather than rehearsing old wounds. When we cast our anxieties on Him, He promises to sustain us and never let the righteous be shaken. This doesn't mean we'll never remember the betrayal, but we don't have to let it define our present moment. God's mercy is new every morning, and His grace is sufficient for today's challenges. Over a lifetime, we've all fallen short and needed forgiveness more times than any one person could ever hurt us. When we remember how much God has forgiven us, it becomes easier to extend that same grace to others. Today is a gift - don't let yesterday's betrayal steal its beauty. Trust that God is working all things together for good, even the painful chapters of your story.

**Bible Verse:** "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. But you, God, will bring down the wicked into the pit of decay; the bloodthirsty and deceitful will not live out half their days. But as for me, I trust in you." - Psalms 55:22-23

**Reflection Question:** What specific step can you take today to focus on God's present faithfulness rather than past betrayals?

**Quote:** This is the day the Lord has made. I will rejoice and be glad in it. Today is the day of rejoicing. Amen. And if I'm not careful, I'll dig up the past. I'll dig up bones that should have been buried a long time ago.

**Prayer:** Father, help me choose today's joy over yesterday's pain. Remind me of Your new mercies each morning and help me trust Your perfect plan for my life.

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