



Five-Day Devotional 18  
Challenging Emotional Influence by Faith  
May 4-8, 2026

From the Pastor's Desk  
Devotional Inspiration  
Challenging Emotional Influence by Faith

**Introduction:** There are many complex things in our world, yet nothing compares to the intricacy of the human design. Scripture reminds us in Psalm 139:14 that we are “fearfully and wonderfully made.” In the New Living Translation, this phrase is rendered as “wonderfully complex,” highlighting the depth and intentionality of our creation.

Within this beautifully complex design exists a rich array of parts—including our emotions. Each element has a purpose; each plays a role. Yet at times, we elevate one part above the others, allowing it to take undue authority, forgetting that no single aspect of who we are was meant to carry everything.

**Theme:** Anchoring faith in God’s unchangeable character over emotional interpretation. This devotional is intended to help us rightly engage with our emotions—learning not only to benefit from them, but also to steward them well. As we do, we are invited to anchor our faith not in the shifting nature of emotional interpretation, but in the steady, unchanging character of God.

Blessings,

Pastor Fryar

*Note to reader: This five-day devotional is designed to encourage and reaffirm that when you pray, you are deepening your walk with God. This is highlighted through use of scripture references from the New King James Version unless otherwise indicated.*



### **Day 1: When Feelings Speak Loudest**

**Scripture focus:** Psalm 22:1: “My God, my God, why have You forsaken me?”

**Insight:** David expresses a deeply real emotion—feeling abandoned. Scripture validates honest expression, but this is not a final conclusion about God’s nature. It is a moment of perception, not ultimate truth.

Emotions can be intense and persuasive, but they are not reliable interpreters of God’s presence.

**Key truth: Feelings are real—but they are not final.**

**Application:** Today, distinguish between:

- What you **feel**.
- What you are **concluding**.

Let your feelings be expressed but not enthroned.

**Prayer:** Heavenly Father, I bring my honest emotions before You today. You see what I feel, and You understand my heart. But help me not to confuse my feelings with truth. Teach me to pause before forming conclusions about You. Anchor me in what is true, not just what I feel.



## Day 2: Correcting Emotional Conclusions

**Scripture focus:** Psalm 22:24: “He has not hidden His face from him... He has heard.”

**Insight:** David revisits his earlier statement and corrects it. What felt like abandonment was not reality. God had been present and attentive all along. Faith requires us to return and realign our conclusions with truth.

**Key truth:** **God’s character remains constant—even when our perception is inconsistent.**

**Application:** Identify a recent thought about God formed in a difficult moment. Now evaluate it in light of His character. Correct:

- Assumption → with truth.
- Emotion → with revelation.

**Prayer:** Heavenly Father, thank You that You are always consistent. Even when I misread what is happening, You remain faithful. Help me to revisit and correct any wrong conclusions I’ve formed about You. Align my thoughts with who You truly are.



### **Day 3: The Danger of Hasty Interpretations**

**Scripture focus:** Psalm 31:22: “I said in my haste, ‘I am cut off...’”

**Insight:** David acknowledges that his conclusion came “in haste.” Emotional pressure often pushes us to interpret too quickly, without grounding in truth. Haste leads to distortion.

**Key truth:** **Quick interpretations are often inaccurate interpretations.**

**Application:** Slow your internal response today. When strong emotions arise, declare:

- “I will not draw conclusions until I consider what God has said.”
- Create a gap between feeling and interpretation.

**Prayer:** Heavenly Father, help me resist the urge to react quickly when emotions rise. Teach me to slow down and seek truth before forming conclusions. Guard my heart from deception that comes through haste. Let patience lead me into clarity.



#### **Day 4: The “Nevertheless” of Faith**

**Scripture Focus:** Psalm 31:22: “Nevertheless You heard...”

**Insight:** “Nevertheless” marks a turning point. Despite what David felt and initially believed, he anchored himself in truth: God heard him. Faith does not ignore feelings—it overrides false interpretations.

**Key truth:** Faith declares truth even when feelings disagree.

**Application:** Use “nevertheless” as a faith response:

- “I feel uncertain—**nevertheless**, God is faithful.”
- “I feel alone—**nevertheless**, God is near.”

Make this your intentional spiritual practice today.

**Prayer:** Heavenly Father, give me the strength to speak truth over my life. When my emotions pull me in the wrong direction, teach me to say “nevertheless” and stand on Your Word. Let truth rise above my feelings.



## Day 5: Faith Rooted in Relationship, Not Understanding

**Scripture Focus:** [Psalm 22](#) & [Psalm 31](#) (overview)

**Insight:** Both psalms reveal a journey:

- Honest emotion
- Incorrect interpretation
- Truth-based correction

This pattern teaches that faith is not dependent on full understanding. It is grounded in relationship—trusting God’s character above our perception.

**Key truth: Faith is rooted in who God is—not in how clearly we understand.**

**Application:** Focus today on God’s character:

- He is faithful.
- He hears.
- He is present.
- He does not change.

Let relationship be your anchor when understanding fails.

**Prayer:** Heavenly Father, I choose to trust You beyond my understanding. Even when I cannot see clearly or feel confidently, I rely on who You are. Strengthen my relationship with You so that my faith is steady, regardless of my emotions.

**Closing declaration:** You may feel overwhelmed—but God is steady. You may misinterpret—but God remains true.

**Faith anchors in God’s character, not in emotional perception.**