



Five-Day Devotional 4
Where God's Spirit Abide
January 26-30, 2026

From the Pastor's Desk

Devotional Inspiration
Where God's Spirit Abide

Introduction: God's Spirit is powerfully employed to accomplish His divine purposes. Wherever His Spirit abides, human intent is subdued, opposition is restrained, and God's authority is unmistakably revealed.

In **1 Samuel 19:18–24**, David fled from Saul and found refuge with Samuel among the prophets at Ramah. When Saul sent messengers to capture David, they were overtaken by the manifest presence of God's Spirit and began to prophesy instead of arresting him. Group after group was rendered powerless by the Spirit's influence. Finally, Saul himself went—and he too was overwhelmed, stripped of his garments of royal authority, and subdued under the same divine power.

This passage reveals a profound truth: when God's Spirit abides, no hostile plan can prevail. The Spirit does not merely protect; He asserts God's supremacy.

This truth echoes in **John 18:6**, when those sent to arrest Jesus fell to the ground at the simple declaration, "*I am He.*" Even in moments leading to suffering, God's Spirit remains sovereign, ruling over both circumstances and adversaries.

As we begin this five-day devotional, we are invited to reflect on where we walk, where we dwell, and who we surround ourselves with. May our prayer be to live and abide where God's Spirit dwells—trusting that even in hardship, His presence will be supreme, His purpose unstoppable, and His power unmistakable.

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 – Refuge in the presence of God

- **Scripture:** 1 Samuel 19:18–19. “So David fled and escaped, and went to Samuel at Ramah, and told him all that Saul had done to him. And he and Samuel went and stayed in Naioth.”—1 Sam. 19:18.

Reflection: David does not flee aimlessly from Saul’s murderous intent. He runs to **Samuel**, the prophet of God, and to **Naioth at Ramah**, a place marked by prophetic community and spiritual formation. When danger presses in, David chooses the environment where God’s Spirit abides.

This is a vital spiritual principle: **where we run matters**. David sought protection not merely in location, but in **spiritual atmosphere**—a place saturated with God’s presence and purpose.

Key truth: Safety is found not just in escape, but in abiding where God’s Spirit dwells.

Prayer: Heavenly Father, train my heart to run toward Your presence rather than merely away from danger.



Day 2 – The Spirit interrupts the enemy’s plans

- **Scripture:** 1 Samuel 19:20. “...the Spirit of God came upon the messengers of Saul, and they also prophesied.”

Reflection: Saul’s messengers arrive with clear intent—to capture David. Yet before they can act, **the Spirit of God comes upon them**, and they are overtaken by prophetic activity. The mission of violence is halted by the sovereignty of God’s Spirit.

This scene reminds us that **God’s Spirit is not defensive—He is dominant**. When the Spirit is present, hostile plans can be disrupted without a single weapon drawn.

Key truth: The Spirit of God can stop what human power intends to carry out.

Prayer: Heavenly Father, may Your Holy Spirit, stand between me and every plan that rises against Your will.



Day 3 – Repeated attempts cannot override God’s Spirit

- **Scripture:** 1 Samuel 19:21. “...Then Saul sent messengers again the third time, and they prophesied also.”

Reflection: Saul sends messengers again—and again the same thing happens. Persistence does not overcome divine authority. Human determination collapses when it encounters the superior power of God’s Spirit.

Often, opposition returns repeatedly, hoping that persistence will succeed where wisdom failed. But God shows that **His Spirit does not weaken with repetition.**

Key truth: What God’s Spirit restrains once; He can restrain again.

Prayer: Heavenly Father, strengthen my trust when opposition persists. Remind me that Your Spirit never grows weary.



Day 4 – No one is exempt from God’s overruling power

- **Scripture:** 1 Samuel 19:22–24. “And he also stripped off his clothes and prophesied before Samuel in like manner, and lay down naked all that day and all that night. Therefore they say, “*Is Saul also among the prophets?*”—1 Sam. 19:24.

Reflection: Saul himself comes to Ramah—and experiences the same overpowering presence. The very king who sought David’s life is stripped of his royal clothing dignity and rendered powerless before God. Authority, position, and intent mean nothing when confronted with the Spirit of the Lord.

This is not repentance; it is **divine restraint**. God demonstrates that even those in power remain subject to Him.

Key truth: God’s Spirit is supreme over every rank, title, and intention.

Prayer: Heavenly Father, remind me that no power on earth stands above You.



Day 5 – The same Spirit that overpowered Saul stood with Christ

- **Scripture Focus:** John 18:6. “Now when He said to them, “I am *He*,” they drew back and fell to the ground.”

Reflection: When Jesus declares, “*I am He*,” those who came to arrest Him **fell to the ground**. As at Ramah, the presence and authority of God halted hostile intent—not to prevent suffering, but to show that surrender was voluntary, not forced.

This connection teaches us something profound: **God’s Spirit may not always remove suffering, but He is always supreme in its midst**. Jesus was arrested, yet never overpowered. David suffered pursuit, yet never abandoned.

Key truth: When we must suffer, we do so under the supremacy of God’s Spirit—not outside it.

Closing prayer: Heavenly Father, help me to walk and surround myself where Your Spirit abides.

May those who intend harm encounter Your superior presence. And when suffering is appointed, let Your Spirit remain supreme in the midst. Amen.