



Five-Day Devotional 16
Freedom For Transparency
April 20-24, 2026

From the Pastor's Desk

Devotional Inspiration
Freedom for Transparency

Introduction: We all face challenges—even when our hearts are set on honoring God and walking in obedience to His direction. At times, responsibilities, pressures, and emotions can pile up until they feel overwhelming. In those moments, it is comforting to know that we have the freedom to be transparent with God.

Transparency with Him is not just allowed, it is healthy, necessary, and a practice we will never outgrow. When we choose silence instead of honesty, we risk unnecessary emotional strain, burnout, and inner turmoil. But when we openly share what we are facing—even what feels insurmountable—we create space for God's presence, help, and peace.

This 5-day devotional focuses on **Freedom for Transparency (Numbers 11:10–15)**. Each day builds on the truth that God welcomes an honest, unfiltered relationship with His people.

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: God Welcomes Your Honesty

Scripture: Numbers 11:10–15: “And Moses said to the LORD, “Why are you treating me, your servant, so harshly? Have mercy on me! What did I do to deserve the burden of all these people?” (Num. 11:11 NLT).

Moses doesn’t hold back. He tells God exactly how overwhelmed he feels—even to the point of despair. This moment reminds us that God is not intimidated by our emotions. He already knows what we feel, but He desires that we bring it to Him openly.

We often think prayer must sound polished or “spiritual,” but God values truth over performance. Honesty is not weakness—it is trust.

Reflection: What feelings have you been holding back from God?

Prayer: Heavenly Father, help me come to You with honesty. Remove the fear of saying the wrong thing and teach me to trust that You welcome my real thoughts and emotions. Amen.”



Day 2: Transparency Builds Trust

Scripture: Psalm 62:8: “...Pour out your hearts before Him; God is a refuge for us.”

Moses spoke openly because he trusted God’s character. Transparency flows from believing that God is safe, good, and attentive. When we hide our struggles, we distance ourselves relationally—but when we open up, intimacy grows.

God is not asking for perfection; He is inviting connection.

Reflection: Do you see God as safe enough to be fully honest with?

Prayer: Heavenly Father, teach me to trust You more deeply. Help me believe that You are a safe refuge where I can pour out everything without fear.



Day 3: God Responds with Help

Scripture: Numbers 11:16–17: “So the LORD said to Moses: “Gather to Me seventy men of the elders of Israel...” Num.11:16.

After Moses expresses his burden, God responds—not with rebuke, but with provision. He gives Moses seventy elders to help carry the load.

Honest prayer often becomes the doorway to practical solutions. God may not always respond the way we expect, but He does respond with care and wisdom.

Reflection: Where do you need help that you haven’t asked God for?

Prayer: Heavenly Father, I bring my burdens to You today. Show me where You are providing help—through people, wisdom, or new direction. Give me the humility to receive it.



Day 4: Transparency Prevents Burnout

Scripture: Matthew 11:28:” Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” (Matt. 11:28 NLT).

Moses reached a breaking point—but he didn’t stay silent. Burnout often grows in hidden places. When we suppress our struggles, they intensify.

Jesus invites us to come *before* we collapse. Transparency is not just spiritual, it is protective.

Reflection: Are you carrying something in silence that God is asking you to release?

Prayer: Heavenly Father, I come to You with my weariness. Teach me to release my burdens early instead of carrying them alone. Fill me with Your rest. Amen.”



Day 5: Lament Is Part of Faith

Scripture: Psalm 13:1–2: “How long, Lord? Will you forget me forever?” (Ps.13:1).

Moses’ cry is not unique, it echoes throughout Scripture. From David to Jeremiah, God’s people expressed confusion, grief, and longing. Lament is not the opposite of faith; it is a form of faith.

True faith doesn’t ignore pain—it brings pain into God’s presence.

Reflection: What honest prayer have you been afraid to pray?

Prayer: Heavenly Father, give me the courage to bring my deepest struggles to You. Teach me that faith includes honesty, and that You are present even in my questions.

Closing Thought: Transparency with God is not irreverence—it is relationship. Like Moses, you are invited to come as you are: burdened, honest, and real. In that place, God meets you—not with rejection, but with presence, provision, and peace.