



Five-Day Devotional 17  
Freedom for Transparency  
April 27-May 1, 2026

From the Pastor's Desk  
Devotional Inspiration  
Freedom for Transparency II

**Introduction:** Life often brings seasons of weight and weariness—even when our deepest desire is to honor God and walk faithfully in His ways. Responsibilities, pressures, and emotions can quietly gather until they feel overwhelming. In such moments, we are invited to remember a comforting truth: we are free to be fully transparent with God.

He does not ask for polished words or composed hearts. He welcomes honesty. Transparency with Him is not only allowed, it is essential to our spiritual well-being. It is a sacred, ongoing practice we will never outgrow. When we hold back and suffer in silence, the burden grows heavier within us. But when we come before Him openly—sharing even what feels too heavy to carry—we begin to experience the nearness of His presence, the help of His hand, and the peace of His heart.

In a previous devotional, we reflected on Moses in Numbers 11:10–15, where he poured out his distress before God with unguarded honesty. In this five-day journey, we now turn our hearts to Jesus Christ in the Garden of Gethsemane. There, in a moment of deep anguish, we see a tender and powerful picture of surrender, vulnerability, and intimate communion with the Father. As Terence E. Fretheim reminds us, prayer is a gift through which God shares His power with us—a means by which He moves and works in the world. Through prayer, we do more than speak; we are strengthened, reshaped, and sustained. In Gethsemane, Jesus shows us that surrendering to the Father's will does not weaken us—it prepares and steadies us for all we must face.

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: The Freedom to Be Honest with God**

**Scripture:** Hebrews 4:15–16: “For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

**Devotional Thought:** One of the greatest truths in our faith is that Jesus understands us completely. He is not distant from our struggles—He has experienced the weight of human life firsthand. Because of this, we are invited to come boldly before God, not hiding our emotions or masking our pain.

Transparency begins with recognizing that we are safe with God. We don’t have to filter our feelings or pretend strength we do not have. His throne is not a place of rejection but of mercy and grace.

**Prayer:** Heavenly Father, thank You for inviting me to come boldly before You. Help me to release every fear, burden, and hidden struggle into Your presence. Teach me to trust that You understand me fully and receive me completely. In Jesus’ name, Amen.



## Day 2: The Truth About Jesus—He Understands

**Scripture:** Hebrews 4:15: “...but was in all points tempted as we are, yet without sin.”

**Devotional Thought:** Jesus experienced the full range of human emotion—sorrow, pressure, grief, and distress—yet He remained without sin. This truth reassures us that feeling overwhelmed is not failure; it is part of the human experience.

Too often, we equate emotional struggle with spiritual weakness. But Jesus shows us otherwise. His life reminds us that holiness does not eliminate emotion, it sanctifies how we respond to it.

Because He understands, we are never alone in our struggles.

**Prayer:** Lord Jesus, thank You for identifying with my humanity. When I feel overwhelmed, remind me that You understand every emotion I carry. Help me to bring those feelings to You instead of hiding them. Strengthen me to walk in truth and grace.



### **Day 3: The Transparency of Jesus**

**Scripture:** Luke 12:50: “But I have a baptism to be baptized with, and how distressed I am till it is accomplished!”

**Devotional Thought:** In this powerful statement, Jesus reveals His inner tension. The word “distressed” expresses being pressed, constrained, and burdened. He felt the weight of what was ahead—the cross, the suffering, the sacrifice.

Yet His distress was not sinful anxiety—it was the holy weight of obedience.

Jesus did not hide His emotions. He expressed them honestly while remaining committed to His mission. This is the essence of spiritual maturity: not denying what we feel, but surrendering it to God.

**Prayer:** Heavenly Father, thank You for the example of Jesus, who showed me how to be honest without losing faith. Help me to acknowledge my pressures without fear or shame. Teach me to surrender every burden to You with trust and obedience.



#### **Day 4: Transparency in the Garden**

**Scripture:** Luke 22:43: “Then an angel appeared to Him from heaven, strengthening Him.”

**Devotional Thought:** The Garden of Gethsemane reveals the depth of Jesus’ transparency. As His burden intensified, He did not withdraw from the Father—He leaned in. He prayed earnestly, expressing His anguish, yet surrendering fully to God’s will.

In response, heaven met Him with strength.

This reminds us that transparency invites divine support. When we open our hearts to God, we create space for Him to strengthen us in ways we cannot achieve on our own.

**Prayer:** Heavenly Father, in my moments of deep struggle, help me to turn toward You, not away from You. Teach me to be honest in prayer and to trust that You will meet me with strength. Thank You for sustaining me through every trial. Amen.



## **Day 5: Strength Through Surrender**

**Scripture:** Luke 22:42: “Nevertheless not My will, but Yours, be done.”

**Devotional Thought:** Transparency ultimately leads to surrender. Jesus’ honest expression in prayer did not end in despair—it led to alignment with the Father’s will.

Surrender is not weakness; it is strength refined through trust. When we release our will into God’s hands, we are empowered to face what lies ahead with courage and peace.

Through prayer, we are not only heard—we are transformed.

As Terence E. Fretheim insightfully noted, prayer is a form of power God shares with us, allowing His purposes to unfold in and through our lives.

**Prayer:** Heavenly Father, I surrender my will to Yours. Even when the path is difficult, help me to trust Your purpose. Strengthen me through prayer and shape my heart to align with Your divine plan. I choose Your will above my own. In Jesus’ name, Amen.

**Closing Encouragement:** Jesus models a spirituality that embraces both truth and transparency. He invites us to bring our full selves—our pressures, emotions, and struggles—to the throne of grace.

In doing so, we are not disqualified; we are drawn closer to the One who understands us completely and strengthens us faithfully.

**Be honest. Be open. Be transformed.**