



**Five-Day Devotional: Refocus – A Strategy to Live with Changing Circumstances
August 18-22, 2025**

From the Pastor's Desk
Devotional Inspiration
Refocus – A Strategy to Live with Changing Circumstances

Key Scripture: *Philippians 4:6–7*

Introduction: We live in a world where circumstances are constantly shifting—often speaking loudly and forcefully into our lives. These changes can feel intimidating and overwhelming unless we have a consistent spiritual strategy to confront them.

Circumstances often attempt to redefine God's promises. Yet Scripture offers a powerful response: meditating daily on God's Word. This was the strategy given to Joshua in Joshua 1:8 and later echoed by Jesus during His temptation in the wilderness: "Man shall not live by bread alone, but by every word that proceeds from the mouth of God." —

Matthew 4:4 (NKJV)

As Romans 10:17 declares, "*Faith comes by hearing, and hearing by the word of God.*" Through daily meditation, our faith is strengthened and reaffirmed.

God desires relationship. Developing consistent, relational practice of communing with Him is essential. As you journey through this five-day devotional, pursue a deeper, richer fellowship with God. Let your faith be rooted not in the instability of your circumstances, but in the unchanging character of your Heavenly Father.

The popular Bible app YouVersion revealed over several years that among roughly 400 million users, the most-read Bible verse over 12 months was **Philippians 4:6**: "Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done." — *NLT (The Christian Post, December 5, 2019)*

This verse is particularly relevant in today's restless and confused world.

The Apostle Paul's exhortation to the believers in Philippi is clear: do not be anxious. Instead, approach God prayerfully with your concerns, offering thanksgiving, and trust that He will provide all that you need.

We are called to remember where God has brought us from, and to refocus our values and priorities accordingly. Philippians 4:6 instructs us how to direct our focus: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God." — *Phil. 4:6 NKJV*

Both "be anxious" and "let your requests be made known" are present tense in the imperative mood—indicating ongoing action commanded by God.

Conclusion: Life will always be full of change—but God remains the same. When we refocus daily through prayer, gratitude, prioritizing Him, living in the present, and deepening our knowledge of His character, we begin to experience the peace that surpasses all understanding (*Philippians 4:7*).

May God guide you as you continue this journey of refocusing. Live with courage, clarity, and confidence because God is unchanging.

Blessings,

Pastor Fryar

Note to reader: *The objective of the Five-day Devotionals is to encourage us to become more influenced by God's character, above any circumstance. This is highlighted using scripture references from the New Living Version unless otherwise indicated.*



Day 1: Refocus—God’s Peace in a Restless World

Key Verse: *Philippians 4:6–7* “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Devotional Thought: In a world overwhelmed by anxiety and confusion, Philippians 4:6 stands out as one of the most-read verses. Paul commands believers to combat anxiety through prayer, supplication, and thanksgiving. These are not casual suggestions; they are ongoing instructions—daily spiritual disciplines.

God does not expect us to ignore our needs. He invites us to bring them to Him—confidently and continually. This becomes our strategy for navigating life's uncertainties. And in return, His peace—a peace that surpasses all understanding—will guard our hearts and minds in Christ.

Reflection:

- What anxieties do I need to turn over to God today?
- Am I consistently practicing prayer and thanksgiving as part of my daily life?

Prayer: *Heavenly Father, I choose to bring my concerns to You today. Replace my anxiety with Your peace as I trust in Your goodness. Amen.*



Day 2: Refocus—Remember Where God Brought You From

Key Verse: *Philippians 4:6* “Don’t worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done.” (*NLT*)

Devotional Thought: Gratitude is a spiritual discipline that helps us refocus on God’s faithfulness. When life feels unstable, remembering where God has brought us from provides perspective and grounding.

The world tells us to worry. But the Word tells us to pray—with thanksgiving. This is not denial; it's divine perspective. As we recall God’s past provision and guidance, we are reminded that the same faithful God is with us now.

Reflection:

- What has God already done in my life that I can thank Him for today?
- How can gratitude help me stay grounded in times of change?

Prayer: *Heavenly Father, thank You for Your consistent faithfulness in my life. Help me to remember and give thanks, even in uncertain times. Amen.*



Day 3: Refocus—God First in Every Area

Key Verse: *Matthew 6:33* “Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.” (NLT)

Devotional Thought: When life shifts, our priorities often do too. But Jesus reminds us of a better way: seek first the Kingdom of God. This command isn’t limited to Sunday worship—it applies to every area of life: relationships, finances, goals, and decisions. Refocusing means deliberately re-centering every part of our lives around Christ. When we put Him first, everything else finds its proper place.

Reflection:

- Is God first in all areas of my life, or just in some?
- What area is He calling me to surrender and realign?

Prayer: Heavenly Father, *I choose to seek You first—not just in word but in every area of my life. Be the center of my priorities, decisions, and desires. Amen.*



Day 4: Refocus—Live One Day at a Time

Key Verse: *Matthew 6:34* “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” (*NLT*)

Devotional Thought: Jesus invites us into a radical kind of trust—living one day at a time. Worrying about tomorrow robs us of today’s peace. Refocusing daily means choosing to be present with God, trusting that He will take care of tomorrow when it comes.

The Message Bible paraphrases it this way: “Give your entire attention to what God is doing right now... God will help you deal with whatever hard things come up when the time comes.”

When we live this way, we walk with greater peace, purpose, and clarity.

Reflection:

- Am I overly focused on future what-ifs instead of today’s grace?
- What would it look like to trust God more fully with tomorrow?

Prayer: Heavenly Father, *I give You my tomorrow. Help me to live in the grace You’ve given for today. Teach me to trust You moment by moment. Amen.*



Day 5: Refocus—Know Your Heavenly Father

Key Verse: *Matthew 6:31–32* “What I’m trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God’s giving.” (*Message*)

Devotional Thought: Anxiety often stems from a distorted view of God. Jesus reminds us: your Heavenly Father already knows what you need. Worry isn’t just a burden—it can become a barrier to intimacy with God.

The more we understand God’s character, the more we trust His provision. He is not distant or indifferent. He is near, attentive, and generous. Refocusing begins by renewing our understanding of who God is.

Reflection:

- Do I see God as generous and caring, or distant and demanding?
- How can I grow in my knowledge and trust in God’s character?

Prayer: *Heavenly Father, help me to know You more deeply. Remind me that You are good, attentive, and faithful. Teach me to relax in Your love and respond to Your giving. Amen.*