



Five-Day Devotional 10
When Carrying the Wrong Weight Creates Turbulence
March 9-13, 2026

From the Pastor's Desk
Devotional Inspiration
When Carrying the Wrong Weight Creates Turbulence

Introduction – Book of Jonah 1:13–16

There is a difference between compassion and compromise. In *Jonah 1:13–16*, the sailors did everything they could to save Jonah—but the harder they rowed, the worse the storm became. Their effort could not override his disobedience. The truth became clear: they were carrying someone God was confronting.

How often do we do the same?

We strain to hold onto relationships, habits, or responsibilities God never assigned us. Yet the turbulence continues—not because God is absent, but because obedience is required. The moment they released Jonah; the sea grew calm. Peace did not come through endurance, but through obedient release.

As we reflect, consider this: What weight are you carrying that God never asked you to hold?

Reflection: Who—or what—are you carrying that may be causing unnecessary turbulence?

Prayer: Heavenly Father, give me courage to release what You never asked me to carry.

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 – Recognizing the storm

Scripture: Jonah 1:13-14 “Instead, the sailors rowed even harder to get the ship to the land. But the stormy sea was too violent for them, and they couldn't make it.”—Jonah 1:13 NLT.

Devotional thought: The sailors rowed harder. They tried skill, strength, and strategy. Yet the storm intensified. Effort cannot fix what obedience refuses to address.

- Sometimes the turbulence in our lives is not spiritual attack, it is misalignment. When we carry what God never assigned to us, strain replaces peace. The sailors were compassionate, but compassion could not override consequence.
- Not every storm is yours to calm. Some storms reveal what must be released.

Prayer: Heavenly Father, give me discernment to recognize when the storm around me is connected to something I am holding onto.

Reflection: Where in your life are you striving harder—but seeing less peace?



Day 2 – Compassion vs. enabling

Scripture: “Then the sailors picked Jonah up and threw him into the raging sea, and the storm stopped at once!”—Jonah 1:15 NLT.

Devotional thought: The sailors cared about Jonah. They did not want to throw him overboard. But compassion does not mean supporting disobedience.

- We often confuse love with rescue. We believe loyalty means carrying someone else’s consequences. Yet enabling rebellion only multiplies damage.
- True love aligns with truth. Sometimes obedience requires tough decisions. Sometimes release is the most loving act.

Prayer: Heavenly Father, teach me the difference between compassion and enabling. Help me love with wisdom.

Reflection: Is there someone you are protecting from consequences God is using to shape them?



Day 3 – The weight that disrupts purpose

Scripture: “Let us throw off everything that hinders...” –Hebrews 12:1 NIV.

Devotional thought: Not all weight is sinful—but it can still be hindering. Habits, attachments, unhealthy assignments and emotional obligations. If it disrupts your obedience, it is too heavy.

- You cannot run your race while dragging what God asked you to drop. Turbulence often signals excess weight.
- Freedom requires honesty. What are you carrying that is slowing your obedience?

Prayer: Heavenly Father, reveal any weight that is hindering my purpose. Give me the courage to lay it down.

Reflection: What feels heavy in this season? Did God assign it—or did you assume it?



Day 4 – The power of release

Scripture: “So they picked up Jonah and threw him into the sea, and the sea ceased from its raging.”—Jon.1:15.

Devotional thought: The moment Jonah was thrown overboard; the sea became calm.

- Peace did not come through rowing harder. It came through obedient release.
- We often pray for calmer seas while holding onto the very thing stirring the storm. But when we release what God never called us to carry, peace returns—not because circumstances change, but because alignment is restored.
- Release is not loss. It is trust.

Prayer: Heavenly Father, I surrender what You never assigned to me. Restore peace where there has been turbulence.

Reflection: What might change immediately if you let go?



Day 5 – Restored peace and renewed purpose

Scripture: “And the peace of God... will guard your hearts and your minds...”—Philippians 4:7.

Devotional thought: When the sea grew calm, the sailors feared the Lord. Release led to reverence. Obedience restored order.

- Peace is not passive—it is the fruit of alignment. God is not asking you to control outcomes. Control is never the call. Obedience is.
- Release restores peace.
- When you let go of the wrong weight, you make room for right purpose.

Prayer: Heavenly Father, I choose obedience over control. Let Your peace guard my heart as I walk in alignment with You.