



**Five-Day Devotional #27: Refocus – A Strategy to Live with Changing Circumstances
August 25-29, 2025**

From the Pastor's Desk

Devotional Inspiration: **Refocus II— A Strategy to Live with Changing Circumstances**

Key Scriptures: *Hebrews 4:1; Matthew 11:28-30*

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 previous devotional referenced to 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, emphasis added (The Christian Post, December 5, 2019)*

- **Anything:** any object, event, action, situation, or fact.
- **Everything:** all the items, actions, or facts in each situation.

This devotional refocuses and expands the previous in correlation with the introduction key scriptures.

- **Refocus:** put again into focus or focus more sharply.

God's promises are not redefined by our circumstances. They are sustained by His unchanging character. Hebrews 4:1 reminds us: "Therefore, while the promise of entering His rest still stands, let us fear lest any of you should seem to have failed to reach it." — *Hebrews 4:1 (ESV)*

We are invited not only to rest, but to relationship. Let this five-day journey help you **refocus**—to bring your spiritual vision back into alignment with God's voice above all others.

Refocus: to put again into focus or sharpen the focus.

Final Thought: The most-read verse among millions of Bible readers was Philippians 4:6—
“Don’t worry about anything; instead, pray about everything...” (NLT)

In **anything**, turn to God. In **everything**, trust His Word. The world’s circumstances may constantly change—but the invitation to God’s rest remains unchanged.

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 Kings James and the English Standard Versions unless otherwise indicated.*



Day 1: The Invitation to Rest (Relationship)

Scripture: *Matthew 11:28* – “Come to Me, all you who labor and are heavy laden, and I will give you rest.” (NKJV)

Jesus begins with an invitation: “Come to Me.” This is not merely a call to stop working—it’s a call to relationship. When Jesus says, “I will give you rest,” He offers a kind of inner peace that isn’t rooted in the absence of problems, but in the **presence of a Person**.

This divine rest is not earned; it is received. The word “give” implies grace—a gift freely bestowed. Jesus Himself is the rest we long for. His presence quiets the anxious heart and centers the wandering soul.

Reflection: Have you responded to His invitation today? The first step to rest is drawing near to Jesus.

Prayer: Lord, thank You for inviting me to come. I lay down my burdens and receive Your rest today.



Day 2: The Yoke of Connection (Revelation)

Scripture: *Matthew 11:29a* – “Take My yoke upon you and learn from Me...”

The imagery of the yoke speaks to **connection**—a shared journey, not a solo endeavor. In Jesus’ day, yokes were fitted to ensure comfort and cooperation between animals pulling together. Christ’s yoke is not heavy or harsh—it is **well-fitted**, shaped by grace.

“To learn” here is *manthano*—from which we derive the word “disciple.” It means learning not just by listening, but by practice, habit, and continual engagement. We are invited to **learn by walking with Him**. This is the heart of discipleship—learning His rhythms, His way, His priorities.

Reflection: Am I walking closely enough with Jesus to learn from Him each day?

Prayer: Lord, teach me how to walk with You. Let Your instruction shape every part of my life.



Day 3: The Result of Dependence (Rest Discovered)

Scripture: *Matthew 11:29c* – “...and you will find rest for your souls.”

This rest is not just given—it’s **discovered** through the process of learning from Christ. The promise is experiential: as we walk in rhythm with Him, we find rest. It is the outcome of **dependence**, not self-effort.

Rest here means to be **refreshed**, to **cease from striving**, especially from attempts to earn God's favor. It’s a spiritual posture of confidence in God’s sufficiency.

In a world that prizes productivity, Jesus offers peace. Not peace after everything is done—but peace **while** we walk with Him.

Reflection: Where in my life am I striving instead of resting?

Prayer: Father, help me to live in Your rest—not by working harder, but by trusting deeper.



Day 4: The Gentle Strength of Christ (Summary Cause)

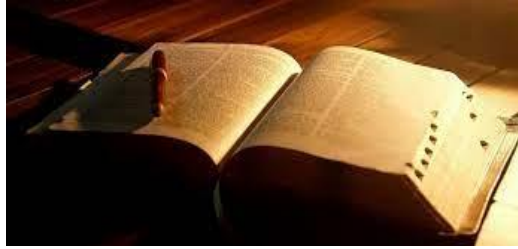
Scripture: *Matthew 11:30* – “For My yoke is easy and My burden is light.”

Jesus does not minimize the challenges of life. Instead, He redefines the source of our strength. His yoke is “easy”—not in the sense of effortless, but in the sense of **well-suited** to our frame. His burden is “light”—not because life is light, but because **He carries it with us**.

He never asks us to carry what He won’t empower us to bear. The yoke of Christ is a daily reliance on His grace and truth, not on our personal ability to manage chaos.

Reflection: Have I embraced Jesus’ way as both my responsibility and my source of rest?

Prayer: Lord, thank You that Your yoke is easy and Your burden light. Teach me to walk in step with You today.



Day 5: The Promise Still Stands (Hebrews 4:1)

Scripture: *Hebrews 4:1* – “Therefore, while the promise of entering His rest still stands, let us fear lest any of you should seem to have failed to reach it.” (ESV)

The promise of rest is not a relic of the past—it **still remains**. The Greek passive voice implies a door still open, held by God Himself. Yet the writer of Hebrews warns us not to treat this promise casually.

There is a **holy urgency** to this invitation. We must not let changing circumstances blind us to the reality of God’s enduring promise.

Rest is not passive, it is pursued. We are called to meditate daily on God's Word, to shape our faith by His voice rather than our fears. As Romans 10:17 reminds us, “Faith comes by hearing, and hearing by the Word of God.”

Reflection: Am I actively pursuing the rest God offers? What keeps me from entering fully into it?

Prayer: Lord, help me to respond daily to Your invitation. I want to live in the rest You promise, grounded in Your Word and guided by Your Spirit.