

# 5 Day Devotional

## Day 1: The Heart That Overflows

### Devotional

Have you ever noticed how gratitude changes everything? When we wake up with thankful hearts, even ordinary moments shimmer with God's goodness. The morning coffee tastes richer, the sunrise seems more brilliant, and even challenges feel more manageable.

Gratitude isn't just a nice sentiment—it's a spiritual discipline that transforms us from the inside out. When we choose to recognize God's goodness in our daily lives, something beautiful happens. Our anxiety begins to fade because we remember who's really in control. Our sense of entitlement melts away as we realize how much we've been given. Our hearts become fertile ground where joy and hope can take root and flourish.

Think about the last time someone genuinely thanked you for something. Didn't it make you want to do even more for them? That's what happens when we live with grateful hearts toward God. Our gratitude doesn't just bless us—it draws others to wonder about the source of our contentment.

In our fast-paced world, we often rush past God's everyday gifts: the laughter of a child, a friend's encouraging text, the warmth of sunshine on our face. But when we slow down and notice these blessings, we discover that God has been lavishing His love on us all along.

Gratitude is a choice we make each morning. It's deciding to see God's hand in both the extraordinary and the ordinary moments of our lives. As we cultivate this attitude, we become living testimonies of God's goodness, drawing others to experience the same joy we've found in Him.

### Bible Verse

'Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.' - Psalm 103:1-5

### Reflection Question

What are three specific blessings from God that you've overlooked this week, and how might acknowledging them change your perspective on your current circumstances?

### Quote

Do you have an attitude of gratitude? An attitude of gratitude. I believe that's extremely important. I believe that an attitude of gratitude is one of the most distinctive marks of a follower of Christ and is a vital sign of a healthy faith.

### Prayer

Father, open my eyes to see Your goodness all around me. Help me develop a heart that overflows with gratitude, not just for the big things, but for the countless small ways You show Your love each day. Let my thankfulness be a witness that draws others to You. Amen.

## Day 2: Wired for Wonder

### Devotional

Deep within your soul, there's a longing that no amount of productivity or achievement can satisfy. It's the desire to worship, to experience beauty, to create something meaningful. This isn't a weakness or distraction—it's how God designed you.

God has hardwired us with these deep desires because they point us back to Him. When we're moved by a breathtaking sunset, stirred by a piece of music, or inspired to create something beautiful, we're experiencing echoes of our Creator's heart. These moments aren't interruptions to our spiritual life—they are our spiritual life.

Yet in our productivity-obsessed culture, we often feel guilty for taking time to appreciate beauty or engage in creative pursuits. We tell ourselves these things are luxuries we can't afford. But what if God intended these experiences to be essential nutrients for our souls?

When we worship, something in us comes alive. When we pause to notice beauty, our hearts are lifted. When we create—whether it's cooking a meal, tending a garden, or writing in a journal—we reflect the image of our Creator God. These aren't selfish indulgences; they're ways of connecting with the One who made us.

The enemy wants us to believe that spiritual maturity means eliminating all joy and wonder from our lives. But Jesus came that we might have life abundantly. Part of that abundance includes the capacity to be amazed, to worship with our whole hearts, and to create beauty that reflects God's glory.

Your soul needs worship. Your heart needs beauty. Your spirit needs creative expression. These aren't optional extras—they're part of how God designed you to flourish.

### **Bible Verse**

'He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end. I know that there is nothing better for mortals than to be happy and do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.' - Ecclesiastes 3:11-13

### **Reflection Question**

When was the last time you felt truly refreshed by worship, moved by beauty, or energized by creating something, and what does this tell you about how God designed your soul?

### **Quote**

I believe that God has hardwired us to worship. I don't know about you, but I need worship. Worship refreshes my soul.

### **Prayer**

Creator God, thank You for designing me with a capacity for wonder, worship, and creativity. Help me not to feel guilty about these deep longings, but to see them as invitations to connect with You. Refresh my soul through worship and fill my heart with appreciation for Your beauty. Amen.

## **Day 3: The Gift of Stopping**

### **Devotional**

In a world that never stops, the idea of rest can feel almost rebellious. We live with the constant pressure to do more, achieve more, and be more productive. But what if the most spiritual thing you could do today is simply stop?

When God rested on the seventh day, He wasn't tired. Our all-powerful God doesn't need a nap. Instead, He was establishing a beautiful principle for His creation: there is sacred value in stopping, in being rather than doing. The Hebrew word used for God's rest means He was refreshed—He delighted in what He had made.

Jesus reminded us that the Sabbath was made for us, not the other way around. Rest isn't a burden or a rule to follow; it's a gift to receive. It's God's way of saying, "You don't have to carry the weight of the world. I've got this. You can stop and breathe."

True rest isn't just about sleeping more or taking a vacation. It's about creating space to remember who you are in Christ—beloved, secure, and significant not because of what you do, but because of whose you are. It's time to reflect on God's goodness, to let your soul catch up with your body, and to be refreshed by His presence.

When we refuse to rest, we're essentially saying we don't trust God to handle things without us. But when we embrace rest as a spiritual discipline, we're declaring our faith in a God who never slumbers or sleeps, who is always at work on our behalf.

You have permission to stop. You have permission to be. God is inviting you into the refreshing rhythm of rest.

### **Bible Verse**

'By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.' - Genesis 2:1-3

### **Reflection Question**

What fears or beliefs about productivity are keeping you from embracing rest as a spiritual discipline, and how might trusting God more deeply change your relationship with rest?

### **Quote**

Jesus said, whoa, wait, Wait, wait, wait, wait a minute. The Sabbath was made for man, not man for the Sabbath. Not to go and do a bunch of stuff. No, it's this free gift. Rest, take a deep breath, be refreshed.

### **Prayer**

Lord, forgive me for believing that my worth comes from my productivity. Help me trust You enough to rest, knowing that You are always at work. Teach me to find refreshment in Your presence and to embrace rest as a gift, not a guilt. Amen.

## **Day 4: Time for What Matters**

### **Devotional**

We're obsessed with time, aren't we? We check our watches, schedule our days down to the minute, and feel guilty when we're not being "productive." But what if we're asking the wrong question? Instead of "What time is it?" what if we asked, "What's time for?"

There are two kinds of time in Scripture. Chronos is clock time—minutes, hours, deadlines. But Kairos is God's time—moments pregnant with meaning, opportunities for connection, seasons of the soul. We spend most of our lives in Chronos, but we find life in Kairos.

Kairos time asks different questions: What's time for right now? Is it time to work or time to rest? Time to speak or time to listen? Time to push forward or time to be still? When we live in Kairos, we align ourselves with God's rhythms rather than the world's demands.

Maybe it's time to sit with a friend who's hurting. Maybe it's time to watch the sunset without checking your phone. Maybe it's time to read a story to your child, even though the dishes are waiting. Maybe it's time to pursue something that lifts your soul—music, art, gardening, or simply sitting in God's presence.

The Westminster Confession reminds us that our chief purpose is to glorify God and enjoy Him forever. Enjoying God isn't a luxury—it's our calling. When we pursue things that restore our imagination, lift our spirits, and help others flourish, we're living in Kairos time.

God isn't asking you to fill every moment with productivity. He's inviting you to fill your moments with purpose—His purpose, which includes rest, beauty, creativity, and joy.

### **Bible Verse**

'And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me.'" - Matthew 18:3-5

### **Reflection Question**

If you could spend an hour today in 'Kairos time'—focused on what truly matters rather than what feels urgent—what would you choose to do, and why does that choice reflect your deepest values?

### **Quote**

Kairos doesn't ask what time it is, it asks what's time for? What's time for? Time is for. Well, I think about the Westminster Confession to enjoy God, glorify Him forever.

### **Prayer**

Father, help me live in Your timing rather than the world's frantic pace. Show me what each moment is for—whether it's work or rest, productivity or play, doing or being. Give me the wisdom to choose what truly matters and the courage to say no to what doesn't. Amen.

## **Day 5: Guarding the Good Gifts**

### **Devotional**

Rest, play, creativity, and beauty are wonderful gifts from God. But like all good gifts, they can become dangerous when they take God's place in our hearts. The line between enjoying God's gifts and worshipping them can be surprisingly thin.

We live in a culture that has turned leisure into an idol. Sports, entertainment, hobbies, and even rest itself can become the most important things in our lives. When our identity becomes wrapped up in our team, our hobby, or our ability to relax, we've crossed from gratitude into idolatry.

Paul reminds us that everything is permissible, but not everything is beneficial or constructive. The question isn't whether something is good or bad—it's whether it's helping us and others flourish in our relationship with God. Does this activity draw me closer to Him or pull me away? Does it help me love others better or make me more self-focused?

The key is stewardship. God has given us these gifts to enjoy, but He's also called us to use them wisely. When we pursue rest and play in ways that restore our souls, strengthen our relationships, and enable us to serve others better, we're being good stewards. When these activities become escapes from responsibility or substitutes for God, we've lost our way.

The goal isn't to eliminate joy from our lives—it's to ensure that our joy flows from the right source. Whether we're eating, drinking, resting, or playing, we can do it all for God's glory. When Christ is at the center, even our leisure becomes an act of worship.

Enjoy God's gifts, but hold them with open hands. Let them point you back to the Giver, not replace Him in your heart.

### **Bible Verse**

"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive. No one should seek their own good, but the good of others." - 1 Corinthians 10:23-24

### **Reflection Question**

Looking at your current leisure activities and pursuits, which ones are drawing you closer to God and helping others flourish, and which ones might be becoming too central to your identity or happiness?

### **Quote**

Everything is permissible, but not everything is beneficial. Everything is permissible, but not everything is constructive.

### **Prayer**

Lord, help me enjoy Your good gifts without making them ultimate things. Give me wisdom to pursue rest and play in ways that honor You and bless others. Keep my heart focused on You as the source of all joy and satisfaction. Guard me from idolatry in all its forms. Amen.