

# 5 Day Devotional

## Day 1: Strength in the Open

### Devotional

Most of us have been taught, in one way or another, that showing weakness is something to avoid. We hide our struggles, put on a brave face, and push through alone. But what if we have it backwards?

In the Garden of Gethsemane, Jesus fell to the ground and cried out to His Father with complete honesty. He said His soul was overwhelmed with sorrow to the point of death. He asked God if there was another way. This was not a moment of failure. This was the Son of God showing us what it looks like to bring your real self before the Father.

Jesus did not pretend everything was fine. He did not minimize what He was feeling. He opened up, and in doing so, He modeled something powerful for every one of us.

Vulnerability is not the opposite of strength. It is often where strength begins. When you stop performing and start being honest, something shifts. The walls come down, and God can meet you in the real place where you actually are.

You do not have to have it all together to come to God. You just have to come. He already knows what you are carrying, and He is not waiting for you to clean it up before He shows up for you. Bring it to Him as it is. That is exactly where He meets people.

### Bible Verse

"My grace is sufficient for you, for my power is made perfect in weakness." - 2 Corinthians 12:9

### Reflection Question

In what area of your life are you performing strength instead of honestly bringing your struggle before God?

### Quote

"What if vulnerability isn't weakness but it's strength?"

### Prayer

Father, help me stop pretending and start being honest with You about what I am carrying. I believe Your power shows up in my weakness, so I bring You my real self today. Amen.

## **Day 2: You Do Not Have to Go It Alone**

### **Devotional**

After Jesus prayed in the garden, He did not do it entirely alone. He brought Peter, James, and John with Him into that deeper, harder place. He let them see His sorrow. He let them witness His struggle. Even the Son of God leaned into community during His most difficult moment.

This tells us something important. We were not designed to carry everything by ourselves. Isolation might feel safer, but it is rarely better. When we close off and stop letting people in, what often follows is bitterness, fear, and the quiet lies of the enemy that convince us no one would understand anyway.

But here is the thing: Jesus was intentional about who He brought close. Not all eleven disciples. Just three. People He had invested in over time. People He trusted.

Vulnerability in relationships requires discernment. Not everyone is equipped to hold what you carry, and that is okay. The goal is not to share everything with everyone. The goal is to find your trusted few and invest in those relationships deeply.

You may already know who those people are in your life. Maybe it is time to let them a little closer. Community is not a luxury for Christians. It is part of how God designed us to grow, heal, and keep going.

### **Bible Verse**

"Cast your cares on the Lord and he will sustain you; He will never let the righteous be shaken." - Psalm 55:22

### **Reflection Question**

Who are the two or three people in your life you could trust with your real struggles, and are you actually letting them in?

### **Quote**

"Healthy vulnerability has a right time, a right place, and the right people."

### **Prayer**

God, give me the courage to stop isolating and the wisdom to find the right people to walk with me.  
Help me build the kind of relationships where real honesty is possible. Amen.

## Day 3: Always Welcome Before the Father

### Devotional

There is one relationship where you never have to wonder if the timing is right, if the person can handle it, or if you are being too much. That relationship is with God.

When Jesus prayed in the garden, He used the word Abba. It is the intimate Aramaic word a child uses for their Father. Not a formal title. Not polished religious language. Just the honest cry of someone who needed help from the one person who could give it.

God is not waiting for you to have the right words. He is not put off by your emotion or your confusion or your doubt. He is your Father, and it is always the right time to bring what you are carrying to Him.

Sometimes we treat prayer like a last resort, something we turn to after we have tried everything else. But prayer is meant to be the first place we go, not because it always changes our circumstances immediately, but because it changes us. It keeps us connected to the One who holds everything together.

Whatever you are facing today, you do not have to clean it up before you bring it to God. You do not have to figure it out first. Come as you are, with the honest cry of a child who needs their Father. He is already listening, and He is already near.

### Bible Verse

"Cast all your anxiety on him because he cares for you." - 1 Peter 5:7

### Reflection Question

What have you been hesitant to bring before God, and what is stopping you from bringing it to Him today?

### Quote

"It's always the right time to bring your vulnerabilities before the Father. Always."

### Prayer

Father, I come to You as I am, not as I wish I were. Thank You that I am always welcome before You. Help me make prayer my first response, not my last resort. Amen.

## Day 4: Vulnerability Is What You Do Next

### Devotional

It is easy to think of vulnerability as a conversation, a moment where you open up and share something hard. But real vulnerability goes much deeper than that.

After Jesus prayed in the garden, something shifted. The anguish gave way to resolve. He rose from the ground and walked toward the cross. He did not know how the disciples would respond. He did not know how the hours ahead would feel. But He kept going. That is vulnerability in its truest form.

Vulnerability is staying in a hard marriage and choosing to keep communicating when it is the last thing you want to do. It is continuing to pray when God feels distant and you are not sure He is hearing you. It is stepping out in faith without knowing the outcome. It is humbling yourself to ask for help.

This kind of vulnerability is not passive. It is one of the most active, courageous things a person can do. It is choosing to keep going even when everything in you wants to shut down or walk away.

God does not always remove the hard thing. Sometimes, like He told Paul, He says His grace is enough. And in that space, when you keep going anyway, something transformative happens. Not just in you, but in the people watching you push through. Your faithfulness builds faith in others. Do not underestimate what your perseverance is doing around you.

### Bible Verse

"He said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." - 2 Corinthians 12:9

### Reflection Question

Where in your life are you tempted to give up, and what would it look like to keep going in faith even without knowing the outcome?

### Quote

"True vulnerability isn't a conversation. It's I'm going to keep going even though I don't know the outcome."

### Prayer

Lord, give me the strength to keep going when I want to quit. Let Your grace be enough for me today, and let my perseverance point others to You. Amen.

## **Day 5: Your Story Is Someone Else's Lifeline**

### **Devotional**

There is a reason God does not just transform us quietly and move on. He uses our stories. He uses our struggles. He uses the moments where we were honest about our weakness and kept going anyway.

When Jesus rose from the garden and walked toward the cross, He was not just securing salvation. He was showing every person who would ever follow Him what it looks like to push through the hardest thing. His vulnerability became our hope.

Your story works the same way. When you share what you have been through, when you are honest about where you struggled and how God met you there, it opens a door for someone else. It gives them permission to be honest too. It shows them that they are not alone and that there is a way through.

Closing off your story does not protect you. It isolates you. And it robs the people around you of something they may desperately need to hear.

You do not have to have everything resolved to share. You do not have to be on the other side of the hard thing. Sometimes the most powerful thing you can say is, "I am in the middle of it, and I am still trusting God."

Vulnerability is a gift, not just to yourself, but to everyone around you. Go first. Your willingness to be honest could be the very thing that helps someone else hold on.

### **Bible Verse**

"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are, yet he did not sin." - Hebrews 4:15

### **Reflection Question**

Is there a part of your story, a struggle or a season of doubt, that you have been keeping to yourself that someone else might need to hear?

### **Quote**

"Sharing your story brings victory to you and to the people around you. Sharing your struggles brings victory to you and the people around you."



## **Prayer**

God, give me the courage to share my story, even the hard parts. Use my honesty to encourage someone else and remind them that You are faithful. Amen.