



5 Day Devotional: [Watch – From Depths to Rest](#)

Day 1: It's Okay to Not Be Okay

Devotional

Most of us have been there. A moment when life feels too heavy, too broken, too far gone. Maybe you're there right now. The weight of guilt, fear, or exhaustion has a way of making us feel like we need to clean ourselves up before we come to God. But that's not what God asks of us. The psalmist didn't wait until he had it together. He cried out from the depths, raw and unfiltered. And God didn't turn away. He leaned in. This is one of the most freeing truths in Scripture. You don't have to pretend. You don't have to perform. God is not looking for polished prayers. He is looking for honest hearts. He already knows where you are. He just wants you to come to Him there. If you've been keeping God at arm's length because you feel too broken or too far gone, today is your invitation to stop running and start reaching. Come as you are. Come honestly. Come with the mess. God is not intimidated by your pain. He is not surprised by your struggle. And He is not waiting for you to fix yourself before He shows up. He meets you right where you are, in the depths, and He is more than enough.

Bible Verse

"Out of the depths I cry to you, Lord; Lord, hear my voice. Let your ears be attentive to my cry for mercy." - Psalms 130:1-2

Reflection Question

Is there an area of your life where you've been pretending to have it together instead of bringing it honestly to God?

Prayer

Lord, I come to You today just as I am, no pretending, no performing. Thank You that You are not intimidated by my honesty and that You meet me in the depths. Amen.

Notes

Day 2: No Score to Settle

Devotional

Have you ever felt like God was keeping a record of every mistake you've made? Like every failure was being logged somewhere, waiting to be used against you? If we're honest, a lot of us live with that quiet fear. But Psalm 130 pushes back hard against that idea. If God kept a perfect record of every wrong, none of us would stand a chance. Not one of us. Romans 3:23 reminds us that we've all fallen short. The playing field is level, and none of us deserve what God offers. And yet, He offers it anyway. Forgiveness is not something we earn by being good enough or trying harder. It is something Jesus secured for us at the cross. He took the full weight of our sin upon Himself so that we could walk in freedom. Justice was satisfied. Mercy was extended. The ledger was cleared. Grace does not minimize what we've done. It magnifies who God is. It shows us a God so great, so loving, and so faithful that He would rather pursue us than condemn us. You are not defined by your worst moments. You are defined by what Jesus did for you. That is the foundation your life gets to be built on.

Bible Verse

"For all have sinned and fall short of the glory of God." - Romans 3:23

Reflection Question

In what ways has the fear of God keeping score held you back from fully receiving His forgiveness and grace?

Prayer

Father, thank You that the cross settled every debt I owed. Help me to stop living under the weight of a score You already cleared and to walk in the freedom You purchased for me. Amen.

Notes

Day 3: Hope That Holds

Devotional

Waiting is hard. Waiting on God can feel even harder, especially when the silence stretches longer than you expected and the answers you need haven't come yet. But Psalm 130 gives us a picture of someone who has learned to wait well. The psalmist compares himself to a watchman waiting for the morning. The watchman doesn't wonder if the sun will rise. He knows it will. He waits with confident expectation, not anxious uncertainty. That is what biblical hope looks like. It is not wishful thinking or crossing your fingers and hoping for the best. It is a settled confidence in God and in what He has promised. It is trusting that He is working even when you cannot see it. Our hope has never been found in our own strength or ability to figure things out. It has always been found in what Jesus has already done and in who God has proven Himself to be. His track record is perfect. His promises are unbreakable. Whatever you are waiting on today, you are not waiting alone. God is present in the waiting. And the same God who has been faithful before will be faithful again. Hold on to that. Let it anchor you when the waiting feels long.

Bible Verse

"I wait for the Lord, my whole being waits, and in His word I put my hope." - Psalms 130:5

Reflection Question

What does your waiting say about where you are placing your trust right now?

Prayer

Lord, teach me to wait on You with confident hope rather than anxious fear. Remind me today that Your promises are sure and that You are working even when I cannot see it. Amen.

Notes

Day 4: Learning to Rest

Devotional

There is a beautiful shift that happens in Psalm 131. The same person who was crying out from the depths is now quiet and calm before God. Nothing in his circumstances necessarily changed. But something in his heart did. David describes his soul like a weaned child resting with its mother. A weaned child is no longer coming just for what the mother can provide. The child is simply content to be near her. That image is striking because it captures what a mature faith actually looks like. It is not demanding that God answer on our timeline. It is not trying to control every outcome. It is learning to trust that God is good, that He is faithful, and that His presence alone is enough. Rest begins with humility. It begins with acknowledging that we are not in control and that we were never meant to be. It means releasing the grip on the things we've been white-knuckling and trusting them to the One who holds all things together. Peace is not the absence of hard circumstances. Peace is what happens when you stop trying to carry what only God can carry. It is available to you today, not after your situation changes, but right now, in the middle of it.

Bible Verse

"But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content." - Psalms 131:2

Reflection Question

What is one thing you are still trying to control that you need to surrender to God today?

Prayer

God, I confess that I have been holding on too tightly to things that belong in Your hands. Teach me to rest in Your presence and to trust that You are enough. Amen.

Notes

Day 5: Point Others to Hope

Devotional

Both Psalm 130 and Psalm 131 end the same way. After everything David has walked through, after the depths and the waiting and the learning to rest, he turns outward. He

stops talking about himself and starts inviting others to put their hope in the Lord. That is what genuine transformation does. It doesn't stay quiet. When you have experienced real forgiveness, real peace, and real rest in God, you cannot help but want others to find it too. You don't need a platform or a perfect story to point someone toward hope. You just need to be willing to share what God has done in you. Your honesty about the depths you've been in might be exactly what someone else needs to hear today. Your story of finding peace in the middle of chaos could be the thing that helps someone else take their first step toward God. There is no past too dark and no burden too heavy for God to redeem. If your burden is guilt, there is forgiveness. If your burden is fear, there is hope. If your burden is anxiety, there is peace. And the same God who met you in your depths is the same God who can meet the people around you in theirs. Let what God has done in you spill over into the lives of others. That is the natural overflow of a life that has been changed by grace.

Bible Verse

"Israel, put your hope in the Lord both now and forevermore." - Psalms 131:3

Reflection Question

Who in your life needs to hear about the hope, forgiveness, or peace you have found in God, and what is holding you back from sharing it with them?

Prayer

Lord, let what You have done in me overflow into the lives of those around me. Give me the courage to point others toward the hope I have found in You. Amen.

Notes
