



5 Day Devotional: [Watch – Stick To It](#)

Day 1: It's Okay to Not Be Okay

Devotional

Most of us are carrying something we haven't fully named. A relationship that's fraying. A habit we can't seem to break. A disappointment so heavy it has made us wonder if God has moved on without us. If that's you today, you are not alone, and you are not failing. Biblical faith doesn't ask you to pretend. Psalm 129 opens with a pilgrim who has been through real suffering, deep wounds that left lasting marks. And yet, he doesn't hide it. He names it. He brings it into the open before God. That is where faith actually begins. Not in having it all together, but in being honest enough to say, "Lord, this is hard, and I don't have the strength to carry it alone." You don't have to perform for God. He already knows what you're carrying. But there is something powerful that happens when you stop pretending and start being real with Him. You make room for His presence to meet you exactly where you are. Today, give yourself permission to be honest. Not just with yourself, but with God. Name what hurts. Name what feels impossible. That honesty is not weakness. It is the very first step of faith.

Bible Verse

"They have greatly oppressed me from my youth, but they have not gained the victory over me." - Psalm 129:2

Reflection Question

What pain or struggle have you been pretending is okay, and what might change if you brought it honestly before God today?

Prayer

Lord, I don't want to pretend anymore. Here is what I'm actually carrying, and I need You to meet me in it. Thank You for being a God who can handle my honesty.

Notes

Day 2: Living in the Perseverance Gap

Devotional

There is a space most of us know well. It's the distance between wanting to quit and still being here. Still showing up to the marriage. Still fighting the same battle. Still getting out of bed even when it feels pointless. That space has a name: the perseverance gap. The apostle Paul knew this space intimately. In 2 Corinthians, he lists beatings, shipwrecks, sleepless nights, and a thorn in his flesh he begged God to remove. He didn't pretend it wasn't painful. He named it. But he didn't let the pain define him or stop him. Here's what's remarkable: Paul discovered that God's power showed up most clearly in His weakest moments. Not when he had it together, but when he didn't. If you are still here today, still breathing, still trying, that is not a small thing. That is perseverance. And perseverance, even when it feels like barely holding on, is exactly where God meets us. You don't have to have it figured out. You just have to stay. Keep going. The gap you're living in right now is not the end of your story. It is the middle, and God is still writing.

Bible Verse

"To keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me." - 2 Corinthians 12:7

Reflection Question

In what area of your life are you currently living in the perseverance gap, and what would it look like to trust God with just one more day?

Prayer

God, I am tired, but I am still here. Give me the strength to take one more step today, and remind me that Your power is made perfect in my weakness.

Notes

Day 3: Pour It Out: The Power of Honest Prayer

Devotional

Prayer is not a performance. It is not about finding the right words or sounding spiritual enough. It is about showing up before God exactly as you are and saying what is actually on your heart. The psalmist in Psalm 129 doesn't clean up his pain before bringing it to God. He describes wounds like furrows plowed into his back. That is raw. That is real. And that is exactly the kind of prayer God invites. So many of us carry things we haven't told anyone. Frustrations too heavy to say out loud. Temptations we're ashamed of. Wounds we've buried because we don't know what to do with them. God already knows. But He wants you to bring it to Him anyway. There is something that shifts when we stop editing our prayers and start pouring them out. We feel heard. We feel less alone. Because we are less alone. God is present in those honest, unpolished moments in a way that is hard to describe but impossible to miss. Today, don't perform. Don't polish. Just talk to God like He is right there with you, because He is. Tell Him what's really going on. That is where real prayer begins.

Bible Verse

"They have greatly oppressed me from my youth, let Israel say." - Psalm 129:1

Reflection Question

Is there something you've been holding back from God in prayer, and what is keeping you from bringing it to Him honestly today?

Prayer

Father, I want to stop performing and start being real with You. Here is what I've been holding back. I trust that You can handle it and that You care.

Notes

Day 4: God Cuts the Ropes

Devotional

Right at the center of Psalm 129 is a stunning image. The psalmist has described deep suffering, wounds that go all the way down. And then, suddenly, everything changes. "The Lord is righteous. He has cut the ropes of the wicked." Israel wasn't still standing because they were strong enough. They weren't still there because they had fought hard enough or endured perfectly. They were still there because God stepped in and severed what was holding them down. That is the anchor of this psalm. And it is the anchor for your life too. Whatever feels overwhelming right now, whatever feels like it has a grip on you, God sees it. He knows the injustice. He knows the weight. And He is not indifferent. In His timing and in His way, He acts. For followers of Jesus, this promise goes even deeper. At the cross, Christ cut the ropes of sin, guilt, condemnation, and death once and for all. That is not a future hope. It is a finished

reality. The ropes have already been cut. You are not held captive by your past. You are not defined by what has been done to you. God's righteousness has already moved on your behalf.

Bible Verse

"But the Lord is righteous; He has cut me free from the cords of the wicked." - Psalm 129:4

Reflection Question

What rope, whether guilt, fear, or a painful past, do you need to trust that God has already cut on your behalf?

Prayer

Lord, thank You that You are righteous and that You act on behalf of those who are suffering. Help me to live today in the freedom You have already won for me.

Notes

Day 5: Jesus Gets the Final Word

Devotional

Your past does not get the final word. Suffering does not get the final word. Evil does not get the final word. Jesus does. That is not a motivational phrase. It is the declaration of the cross. When Christ died and rose again, He announced that sin, guilt, condemnation, and death had been defeated. The ropes were cut. The story was rewritten. This means that whatever has been done to you, whatever has been said about you, whatever wounds you carry that go deeper than words can describe, none of it has the authority to define you. Christ has already spoken a better word over your life. And because of that, you can keep going. Not because you are strong enough. Not because the pain isn't real. But because the One who is with you is stronger than anything you are facing, and He has already proven it. If you are still here today, there is still hope. Stick with it. God has not given up on you, and He is not about to start. He has persevered with you through every hard season, every failure, every moment you wanted to quit. He is still here. And so are you. That is not an accident. That is grace.

Bible Verse

"They have greatly oppressed me from my youth, but they have not gained the victory over me." - Psalm 129:2

Reflection Question

How would your perspective on your current struggle change if you truly believed that Jesus, not your pain or your past, gets the final word?

Prayer

Jesus, thank You that You have the final word over my life. Help me to live today in the confidence of what You have already done and give me the courage to keep going.

Notes
