

5 Day Devotional

Day 1: When Everything Falls Apart

Devotional

Some moments in life stop you cold. A phone call, a headline, a loss you never saw coming. In those moments, the questions come fast. Where is God? Does He care? Does any of this make sense?

Here is something worth holding onto: your questions are not a sign of weak faith. They are a sign that you are human, and God already knows that. The Psalms are full of honest, raw cries from people who loved God and still said, "I don't understand this." God did not silence them. He included their words in Scripture.

Grief is not the opposite of faith. It is something God gives us permission to feel. You do not have to rush past the pain or pretend everything is fine to prove you trust Him. Faith is not about having it all together. It is about turning toward God when you don't.

If you are in a hard season right now, you are not alone. God is not far off, unmoved by what you are going through. He is near. He sees you. And He can handle every honest question you bring to Him.

Take a breath today. You do not have to have the answers. You just have to keep turning toward the One who does.

Bible Verse

'God is our refuge and strength, an ever-present help in trouble.' - Psalm 46:1

Reflection Question

Is there a question or feeling about your current circumstances that you have been afraid to bring honestly before God?

Quote

"Faith does not mean pretending everything is okay. Faith means turning toward God when it isn't."

Prayer

Lord, I don't always understand what You are doing, but I choose to turn toward You today. Be my refuge in the middle of what I cannot explain. Amen.

Day 2: You Are Allowed to Grieve

Devotional

There is a pressure that can creep in when life gets hard, a pressure to move quickly to the hopeful part. To skip past the pain and get to "God works all things together for good." That verse is true. But rushing past grief to get there is not what God asks of us.

Jesus stood at the tomb of His friend Lazarus and wept. He knew what was about to happen. He knew He was going to raise Lazarus from the dead. And He still stopped and grieved with the people around Him. That moment tells us something important: grief is not a lack of faith. It is something God Himself entered into.

Scripture even tells us to "mourn with those who mourn." Not fix. Not explain. Not hurry them along. Mourn with them. God gives us permission to feel the weight of loss, and He does not rush us through it.

If you are grieving something today, you do not have to pretend you are okay. You do not have to perform strength you do not feel. You can bring your sadness, your confusion, and your tears directly to God. He is not uncomfortable with your grief. He meets you right in the middle of it.

Give yourself permission today to grieve honestly. That is not weakness. That is exactly where God meets us.

Bible Verse

'Rejoice with those who rejoice; mourn with those who mourn.' - Romans 12:15

Reflection Question

Have you been rushing past your grief, or the grief of someone close to you, in an effort to get to the hopeful side faster?

Quote

"When things go bad, God gives us permission to grieve that this isn't a moment that we should just try to get through and just say, well, let's just move as fast as we can to the other side."

Prayer

Father, thank You for being a God who weeps with us. Help me to grieve honestly and to trust that You are present in my pain. Amen.

Day 3: The Cross Changes Everything

Devotional

When suffering hits, one of the first places our minds can go is doubt. Maybe God doesn't love me. Maybe He doesn't understand what I'm going through. Maybe He is distant and indifferent to my pain.

The cross answers those doubts directly.

God did not send a memo or a message when we were at our worst. He sent His Son. While we were still sinners, still far from Him, Christ died for us. That is not the action of a God who is indifferent. That is the action of a God who loves deeply and sacrificially.

And Jesus did not just die for suffering. He experienced it. Betrayal by a close friend. Rejection by His own people. Injustice at the hands of those in power. Grief. Physical pain. Death. He is not a God who watches suffering from a safe distance. He is a God who walked straight into it.

So when you are in pain and the doubts start to whisper, let the cross speak louder. You may not have every answer. But you have this: God loves you enough to give His Son, and His Son knows what it feels like to suffer.

That does not explain every hard thing. But it does prove that God is neither indifferent nor distant. And that is worth holding onto.

Bible Verse

'But God demonstrates His own love for us in this: While we were still sinners, Christ died for us.' - Romans 5:8

Reflection Question

When you are in pain, which doubt tends to surface first: that God doesn't love you, or that He doesn't understand what you're going through?

Quote

"Whatever the reason for evil in the world, it isn't because God doesn't love us."

Prayer

Jesus, thank You for not staying at a distance. Thank You for entering into suffering so that I would never have to face it alone. Amen.

Day 4: Nothing Can Separate You

Devotional

There are moments when suffering can make you feel completely cut off. Cut off from hope, from peace, and sometimes even from God. The silence can feel loud. The distance can feel real.

But feelings, as powerful as they are, do not always tell the truth.

Paul wrote Romans 8 from a life that included imprisonment, beatings, shipwrecks, and rejection. He was not writing from a comfortable place when he made one of the boldest declarations in all of Scripture. He listed everything that might try to come between us and God's love: death, life, angels, demons, the present, the future, height, depth, anything in all of creation. And then he said none of it can do it. None of it can separate us from the love of God in Christ Jesus.

That is not a promise that life will be easy. It is a promise that God's love is unbreakable. No matter what you walk through, His love does not waver, does not withdraw, and does not run out.

You may be in a season where God feels far away. Hold onto what is true even when it does not feel true. His love is not based on your circumstances. It is rooted in who He is. And who He is does not change.

You are not separated from Him. Not today. Not ever.

Bible Verse

'For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.' - Romans 8:38-39

Reflection Question

What circumstance in your life right now is making it hardest to believe that God's love is still present and unshakeable?

Quote

"When everything falls apart, here's the truth. God doesn't."

Prayer

Lord, when I cannot feel Your presence, help me to trust Your promise. Remind me today that nothing can separate me from Your love. Amen.

Day 5: Show Up and Stay

Devotional

When someone is hurting, we often feel the pressure to say the right thing. To have an answer. To offer a reason that makes the pain make sense. But most of the time, that is not what people in pain actually need.

What they need is for someone to show up and stay.

God comforts us in our troubles so that we can comfort others with the same comfort we have received. That is the pattern. Comfort flows in, and then it flows through us to the people around us. We are not just recipients of God's care. We are carriers of it.

And the way we carry it is not always through words. Sometimes it is through presence. Sitting with someone in their grief. Checking in long after everyone else has moved on. Carrying a burden alongside someone for as long as it takes, without trying to fix it or rush them through it.

Scripture says to carry each other's burdens. Not fix them. Not minimize them. Carry them. That is a posture of humility and love that says, "I don't have all the answers, but I am not going anywhere."

You may not know what to say to someone who is hurting. That is okay. Show up anyway. Stay longer than feels comfortable. Let your presence be the message. In the middle of suffering, that is often the most powerful thing you can offer.

Bible Verse

'Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.' - 2 Corinthians 1:3-4

Reflection Question

Is there someone in your life right now who needs you to simply show up and stay, rather than offer answers or solutions?

Quote

"We can't always explain. We cannot explain suffering. Always. But we can do something always. We can always, always enter into it with people."

Prayer

Father, make me a carrier of Your comfort. Give me the courage to show up for hurting people and the patience to stay. Amen.