

## 2026-10-11 5 Day Devotional

### 5-Day Bible Reading Plan and Devotional Guide

Based on Themes from the Sermon on Rest, Faith, and Character

#### Day 1: Come Away and Rest

Reading: Matthew 11:28-30

Devotional: Jesus does not summon the weary to a life of inactivity. He calls them to a different kind of labor, one shared with him. Like the disciples returning from their mission, tired and hungry, we often push past the limits God built into us. Rest is not weakness. It is wisdom. It is trust. When we refuse to rest, we are quietly declaring that everything depends on us. It does not. God was sovereign before you woke up this morning and will remain sovereign after you sleep tonight. Surrender your straining to the one whose yoke actually fits.

#### Day 2: Alone on the Mountain

Reading: Mark 1:35, Luke 5:15-16

Devotional: If Jesus, the Son of God, consistently withdrew to solitary places to pray, what does that say about our own need for quiet communion with the Father? Jesus was not escaping responsibility. He was anchoring himself to the source of all strength before stepping back into the demands of the crowd. Many believers are uncomfortable with silence because silence requires honesty. There are no distractions to hide behind. But it is precisely in that stillness that God speaks most clearly. Before you pour yourself out for others today, ask yourself whether you have first been filled. Solitude with God is not a luxury. It is a lifeline.

#### Day 3: Straining at the Oars

Reading: James 1:2-4, 1 Peter 1:6-7

Devotional: Jesus watched his disciples struggle against the wind and did not

immediately calm the storm. He let them strain. This was not indifference. It was intention. God is far more interested in the condition of your character than the comfort of your circumstances. The testing of your faith, as Peter describes it, purifies what is inside you the way fire refines gold. The disciples were skilled fishermen, and still the storm was too much for them alone. That is the point. God allows situations that exceed your ability so that you will reach for his. Do not despise the difficulty. It is doing something in you.

Day 4: It Is I, Do Not Be Afraid

Reading: John 6:16-21, Isaiah 43:1-3

Devotional: When the disciples saw Jesus walking on the water, their first response was terror. They did not recognize the very one they had been following. Fear has a way of distorting our vision, making the familiar look like a threat. Jesus identified himself not merely with a name but with the weight of divine presence, echoing the great I AM of the Old Testament. God's declaration in Isaiah that he will be with his people through deep waters is not a promise that the waters will disappear. It is a promise that you will not face them alone. The one walking toward you in your storm is not a ghost. It is God.

Day 5: Changed People Change People

Reading: Romans 12:1-2, 2 Corinthians 3:18

Devotional: Transformation is not a moment. It is a direction. Paul's instruction not to conform to the pattern of this world but to be renewed in the mind is written as an ongoing process, not a single event. The world pulls constantly toward complaint, comparison, and self-preservation. The Spirit pulls constantly toward gratitude, generosity, and surrender. The disciples who once cried out in fear on a stormy lake would later stand before councils and rulers without flinching. That kind of courage is not manufactured. It is grown, through prayer, through testing, through choosing obedience over comfort again and again. Ask God today not for an easier life, but for a deeper character.