

2026-04-05 5 Day Devotional

5-Day Devotional: Overcoming Through Christ

Day 1: The Troubled Heart That Trusts

Reading: John 14:1, 27; Romans 8:28

Devotional:

Jesus knew trouble intimately. Before His crucifixion, Scripture tells us He was "troubled in spirit." Yet in His trouble, He spoke peace to His disciples: "Do not let your hearts be troubled. Trust in God; trust also in me."

Trouble is not a sign of weak faith—even Jesus experienced it. The difference lies in what we do with our trouble. Will we allow it to consume us, or will we replace it with trust? God is working all things together for good, not promising an easy life, but promising His presence through every difficulty.

Today, identify one area of trouble in your life. Instead of rehearsing the problem, practice replacing anxious thoughts with declarations of trust: "God, I don't understand, but I trust You."

Day 2: Love That Lays Down Its Life

Reading: John 13:1-17, 34-35; John 15:13

Devotional:

Jesus demonstrated the full extent of His love by washing His disciples' feet—including Judas, who would betray Him. Greater love has no one than to lay down their life for their friends.

Love is not a feeling we wait to experience; it's a decision we make daily. It's choosing to serve the person who irritates you. It's forgiving when you've been wronged. It's praying for those who hurt you. This kind of love is

impossible in our own strength, but Christ offers to love through us.

The world will know we are Christians by our love—not our theology, our programs, or our buildings. Who in your life needs you to lay down your preferences, your pride, or your time today? Ask God to love them through you, even when it's difficult.

Day 3: When Death Isn't the End

Reading: John 11:25-26; 2 Corinthians 4:16-18; 1 Thessalonians 4:13-14

Devotional:

Jesus told Martha, "I am the resurrection and the life. The one who believes in me will live, even though they die." Death feels final, devastating, crushing—and Jesus never minimized that pain. He wept at Lazarus's tomb.

But for believers, death has lost its sting. What appears to be the end is actually a beginning. The worst day isn't the final day. Christ walked through death and came out the other side, proving that God can bring life from any grave.

If you're facing loss—whether death, divorce, diagnosis, or disappointment—remember that with Christ, it's never truly over. What the enemy meant for destruction, God will use for good. Don't mistake a chapter ending for the story's conclusion. Resurrection is coming.

Day 4: Peace in the Midst of Trouble

Reading: John 16:33; Philippians 4:6-7; Isaiah 26:3

Devotional:

"In this world you will have trouble. But take heart! I have overcome the world." Jesus never promised a trouble-free life. He promised something better: His presence in the trouble.

The peace Jesus offers isn't circumstantial—it doesn't depend on everything going right. It's the internal assurance that God is with you, working through every situation, never leaving or forsaking you. This peace transcends understanding because it defies logic.

When trouble comes—and it will—you have a choice. You can focus on the problem until it grows overwhelming, or you can focus on God's greatness until the problem shrinks in comparison. Like Job, when we encounter God's presence, our pain doesn't necessarily vanish, but it loses its power to define us. Practice God's presence today through worship, gratitude, and remembering His faithfulness.

Day 5: Living as Overcomers

Reading: 1 John 5:4-5; Romans 8:37-39; Revelation 12:11

Devotional:

You were designed to overcome. Not through your own strength, but through Christ who strengthens you. Every believer is called to be an overcomer—not perfect, but persistent in faith.

Overcoming doesn't mean avoiding struggle; it means continuing to trust God through the struggle. It's replacing trouble with trust, fear with faith, and despair with hope. It's choosing to serve when you'd rather sulk, to forgive when you'd rather hold grudges, to love when it costs you something.

Jesus overcame death itself. Whatever you're facing today—addiction, depression, broken relationships, financial stress, health issues—is not bigger than the God who conquered the grave. Your worst day doesn't have to be your last day. Through Christ, you are more than a conqueror.

What does overcoming look like for you today? Perhaps it's getting out of bed. Perhaps it's choosing forgiveness. Perhaps it's taking one small step of

obedience. Whatever it is, take that step. Christ has already secured your victory.

Reflection Questions for the Week:

What troubles are currently consuming your thoughts? How can you practice replacing worry with trust?

Who has God placed in your life that needs sacrificial love, even when it's difficult?

What "death" or ending are you grieving? How does Christ's resurrection give you hope?

Where do you need God's supernatural peace today?

What does being an "overcomer" look like in your specific circumstances this week?