

2026-08-23 5 Day Devotional

5-Day Bible Reading Plan and Devotional Guide

Based on the Sermon Series: Tug of War

Day 1: The Courage to Fall at His Feet

Reading: Mark 5:21-24 — The account of Jairus approaching Jesus in desperation, falling at his feet, and pleading for his dying daughter.

Devotional: Jairus was a man of standing in his community. He had a reputation to protect. But when his daughter's life hung in the balance, none of that mattered. He pushed through the crowd, fell to his knees, and begged. Desperation has a way of stripping away pride. The question is not whether you will face a moment that brings you to your knees — you will. The question is whether you will let that moment drive you toward Jesus or away from him. Pride keeps us standing at a distance. Faith drives us through the crowd. Whatever you are carrying today, fall at his feet. He is not too busy. He is not inconvenienced. He went with Jairus. He will go with you.

Personal Reflection: What is the one burden you have been too proud or too afraid to bring directly to Jesus? What is keeping you from falling at his feet today?

Practical Application: Set aside five minutes today to kneel — physically, if you are able — and bring your most pressing need before God. Do not dress it up. Speak plainly, as Jairus did.

Day 2: The Faith That Reaches Through the Crowd

Reading: Mark 5:25-29 — The account of the woman who had suffered bleeding for twelve years, who believed that touching the edge of Jesus's garment would bring her healing.

Devotional: This woman had every reason to give up. Twelve years of suffering. Every resource spent. Every doctor consulted. Every hope

exhausted. And yet she pressed through a suffocating crowd, reached out, and touched the hem of his garment. The original word used for "healed" in this passage carries the meaning of being saved. She was not simply looking for physical relief. She understood, perhaps more clearly than she knew, that only Jesus could truly save her. Her faith was not passive. It was desperate, active, and costly. She risked public exposure. She risked rejection. She reached anyway. God honors that kind of faith — the kind that moves even when everything around you says stop.

Personal Reflection: In what area of your life have you stopped reaching? Where have repeated disappointments caused you to pull back from trusting God?

Practical Application: Write down one area where you have grown spiritually passive. Commit today to one deliberate act of faith in that area, however small it may seem.

Day 3: When Jesus Stops for You

Reading: Mark 5:30-34 — Jesus, aware that power had gone out from him, stops in the midst of a pressing crowd and calls out the woman, restoring not only her body but her dignity.

Devotional: Jesus was on his way to a dying child. There was urgency. There was a crowd pressing against him from every direction. And he stopped. He did not have to. The healing had already occurred. He could have kept walking. But Jesus stopped because the woman mattered — not just her healing, but her. He called her daughter. He spoke peace over her. He freed her not only from her physical suffering but from the shame she had carried for twelve years. This is the character of God. He does not process you. He sees you. In the middle of every urgent thing pulling at his attention, he turns around and finds you. You are not an interruption to him. You are the point.

Personal Reflection: Do you genuinely believe that God sees you as an individual, not merely as one face in a vast crowd? What would change in

your daily life if you truly believed that?

Practical Application: Today, extend the same attentiveness to one person in your life who may feel overlooked. Stop. Ask. Listen. Reflect the character of Christ to someone who needs to know they are seen.

Day 4: Do Not Be Afraid — Just Believe

Reading: Mark 5:35-43 — Messengers arrive to tell Jairus his daughter has died. Jesus, ignoring their report, tells Jairus not to be afraid but only to believe, then raises the girl from the dead.

Devotional: The worst news arrived at the worst moment. The messengers did not soften it. "She is dead. Why bother the teacher anymore?" These are the voices that come when circumstances seem to confirm our fears — the voices that say it is too late, that faith has failed, that God did not move fast enough. Jesus heard every word they said. Then he told Jairus to ignore them. Not because the situation was not serious, but because the situation was not beyond him. The word "believe" here is not a feeling. It is a settled conviction that what God has said stands regardless of what the messengers report. Fear and faith cannot occupy the same ground. You must choose which voice you will listen to.

Personal Reflection: What "messengers" in your life — circumstances, doubts, other people's words — are telling you that it is too late for God to act? How are you responding to those voices?

Practical Application: Identify one fear that has been crowding out your faith. Find one specific promise from Scripture that speaks directly to that fear and write it somewhere you will see it every day this week.

Day 5: Go in Peace — And Stay There

Reading: Romans 8:35-39 — The apostle Paul declares that nothing in all creation is able to separate us from the love of God that is in Christ Jesus our Lord.

Devotional: Jesus told the healed woman to go in peace and be freed from her suffering. He did not say go find peace. He said go in the peace you already have. The tug of war the enemy wages against believers is largely a battle over peace. He pulls us back into old wounds, old fears, old grief, and old guilt — not because he has any real claim on us, but because he knows that a believer living in peace is a believer who trusts God completely. The peace Christ offers is not the absence of difficulty. It is a settled confidence that nothing — no diagnosis, no loss, no failure, no death — falls outside the sovereign care of a God who gave his Son for you. That peace is not earned. It is received. And once received, it must be guarded.

Personal Reflection: Are you living in the peace Christ has already given you, or are you constantly trying to recover peace you feel you have lost? What does it look like practically to guard your peace today?

Practical Application: Each morning this week, before checking your phone or beginning your day, speak aloud one truth about who God is. Let that truth be the first thing that shapes your mind before the noise of the day begins.

This reading plan is intended for personal devotion, small group discussion, or family study. Return to these passages as often as needed. The Word does not expire.