

QFMC 5 Day Devotional

Week of July 19, 2026 by Andrew Royer

Lifting Our Eyes to the Father

Day 1: Life Is More Than What We Lack

Reading: Matthew 6:25-27

Devotional: Jesus begins this teaching with a profound question: "Isn't life more important than food and your body more than clothing?" Worry has a way of shrinking our world, making everything about the one thing we don't know or can't fix. We become defined by what we lack rather than who we are in Christ. Today, Jesus invites you to expand your vision. You are more than your problems. You are more than what you fear. You are a beloved child of an eternal Father who sees further than you can and holds you not just for today, but forever. Before you address your worries, remember this truth: your life has infinite value because you belong to Him.

Reflection Question: What area of lack or fear has been defining how you see yourself lately?

Day 2: Your Heavenly Father Already Knows

Reading: Matthew 6:28-32

Devotional: "Look at the birds... Consider the lilies." Jesus doesn't quote theology; He points to creation. Step outside and look around. The evidence of your Father's care is everywhere. Birds don't hoard, yet they're fed. Flowers don't manufacture beauty, yet they outshine Solomon's glory. Jesus isn't saying don't plan or work—He's inviting you out of the anxiety underneath it all. The 2 a.m. replay loop. The worst-case scenarios. The gripping control. Your Father already knows what you need. He's already at work, even when you can't see it. Worry reveals where our trust has been resting. Today, let your trust rest fully in the One who feeds the birds and clothes the flowers.

Reflection Question: Where do you see evidence of God's provision in your life right now?

Day 3: Worry Adds Nothing

Reading: Matthew 6:27, 34; Philippians 4:6-7

Devotional: "Can all your worries add a single moment to your life?" We know the answer. Worry has never added anything—it only takes. It takes our peace, our sleep, our ability to be present. Yet we keep doing it because somewhere deep down, we believe if we stop worrying, things will fall apart. Worry masquerades as responsibility, as love, as wisdom. But Jesus asks the question we avoid: Is it actually helping? There's a difference between carrying what God asks us to carry and trying to carry what only God can hold. Today's troubles are enough for today. Don't borrow from tomorrow. Deal with what's in front of you today, and trust Him with tomorrow.

Reflection Question: What are you trying to hold that only God can carry?

Day 4: Seek First the Kingdom

Reading: Matthew 6:33; Colossians 3:1-3

Devotional: Jesus doesn't just tell us what not to do—He shows us what to do instead. Instead of worry, seek. Instead of gripping, trust. Instead of staring at the problem, orient toward the Father and His kingdom. Seeking first might look like praying before solving. Doing the next faithful thing instead of trying to plan the whole future. Having the difficult conversation. Asking for help. Taking the next step you can actually take today. Seeking first isn't checking out or pretending things don't matter—it's faithful presence. It's doing what obedience requires today while trusting the Father with what you cannot control. Every morning you choose: will I grip or will I seek?

Reflection Question: What is one faithful step you can take today instead of trying to solve tomorrow?

Day 5: Jesus Understands Our Struggle

Reading: Matthew 26:36-42; Hebrews 4:14-16

Devotional: Jesus doesn't speak about worry from a distance. He's not naive about suffering or uncertainty. This is the Son who carried the weight of the world, who prayed in the garden with sorrow deep enough that He sweated blood, who said "not my will, but your will." When Jesus tells us not to borrow tomorrow's trouble, He's not minimizing our pain—He's inviting us into the same trust He himself lived. He knows what it is to entrust tomorrow to the Father because He did it. He invites us to lift our heads, look at the Father, seek first, and let Him do what only He can do. Your Father knows, your Father sees, and your Father is enough.

Reflection Question: How does knowing Jesus understands your struggle change how you approach your worries today?

Closing Prayer: Heavenly Father, thank You that You already know what I need. Help me lift my head from what I'm staring at and see You at work all around me. Teach me to seek Your kingdom first, to take the next faithful step, and to trust You with what only You can hold. In Jesus' name, Amen.