

QFMC 5 Day Devotional

Week of July 26, 2026 by Andrew Royer

Based on the Sermon on the Mount and Matthew 7:1-12

Day 1: The Danger of the Critical Eye

Reading: Matthew 7:1-5

Devotional: It is far easier to catalog the faults of others than to sit honestly with our own. Jesus does not call us to ignore what is broken in the world around us, but he insists we begin with ourselves. The log in our own eye is not a minor inconvenience. It is a distortion that warps everything we see. Before we can offer genuine help to anyone, we must do the harder, humbling work of honest self-examination. Ask God today to reveal what you have been avoiding in yourself while keeping your eyes fixed on someone else.

Reflection Question: What fault in someone else have you been focused on that may be distracting you from something unfinished in yourself?

Practical Application: Choose one person you have been quietly critical of this week. Pray for them by name, and then ask God to show you one area in your own life that needs the same grace you expect others to extend to you.

Day 2: Wisdom, Love, and Sacred Things

Reading: Matthew 7:6; Proverbs 4:23; Matthew 10:16

Devotional: Love does not mean offering everything to everyone without discernment. Jesus calls us to be both wholehearted in our love and clear-eyed in our wisdom. There are sacred things in our lives, our trust, our vulnerability, our deepest convictions, that are not meant to be scattered carelessly. This is not a license to withhold compassion or to look down on others. It is a call to recognize that wisdom and love must travel together. Some people are not yet ready to receive what we carry. Discernment is not the opposite of love. Rightly practiced, it is one of love's most careful expressions.

Reflection Question: Is there a relationship in your life where you have confused wisdom with coldness, or where you have confused openness with faithfulness?

Practical Application: Identify one relationship where you need to ask God for greater discernment. Bring it to him in prayer, asking not for distance from that person, but for wisdom about how to love them well in this season.

Day 3: Ask, Seek, Knock

Reading: Matthew 7:7-11; Philippians 4:6-7; James 1:5

Devotional: Jesus places the call to ask, seek, and knock immediately after the call to deal with the log in our own eye. That placement is not accidental. The moment we become honest about our own need, we must have somewhere to bring it. Jesus points us directly to the Father. These three words are not passive. They are active, persistent, and intentional. They describe a disciple who refuses to carry alone what was never meant to be carried alone. The Father is not reluctant. He is not stingy. He is a good Father who gives good gifts. The question is whether we actually believe that.

Reflection Question: What need have you been trying to manage on your own rather than bringing to the Father first?

Practical Application: Write down one specific need you have been carrying privately. Bring it to God in prayer today, not as a last resort, but as a first response. Return to that prayer each morning this week.

Day 4: What Spills Out

Reading: Matthew 12:34-35; Luke 6:43-45; Galatians 5:22-23

Devotional: Life will bump us. It is not a matter of if but when. Disappointment, conflict, exhaustion, grief, and frustration all have a way of revealing what has been forming inside of us long before the moment of impact. What spills out in those moments is not an accident. It is a disclosure. The good news is that formation is ongoing. We are not finished. The same Father who calls us to honest self-examination is the one actively working in us to produce something different. The fruit we bear is not manufactured by effort alone. It grows from a life that is rooted in and continuously returning to him.

Reflection Question: When life bumped you recently, what spilled out? What does that reveal about what is forming inside of you right now?

Practical Application: Reflect on a recent moment when you responded to someone in a way you regret. Rather than moving past it quickly, bring it to God honestly. Ask him what it reveals and what he wants to form in its place.

Day 5: The Golden Rule as Fruit, Not Formula

Reading: Matthew 7:12; Romans 13:8-10; 1 John 4:19

Devotional: Do to others what you would have them do to you. These words are so familiar they can pass through us without landing. But Jesus places them at the end of a long and demanding sermon for a reason. This is not a starting point. It is the fruit of everything that comes before it. A person who has dealt honestly with their own sin, who has brought their need to a good Father, who has allowed God to form something new inside of them, that person treats others differently. Not because they are trying harder, but because something has genuinely changed. We love because he first loved us. We give because we have received. We extend grace because we have been found by it.

Reflection Question: How would the people closest to you describe the way you treat them? Does that description reflect what you say is forming in you?

Practical Application: Choose one person in your life today and treat them the way you most deeply long to be treated yourself. Not as a performance, but as an act of worship, a response to the love and grace you have already been given.