

QFMC 5 Day Devotional

Week of July 5, 2026 by Andrew Royer

Loosening Our Grip

Day 1: Coming With Empty Hands

Reading: Matthew 6:7-8

Devotional: Before Jesus teaches His disciples to pray, He reminds them of a liberating truth: "Your Father knows exactly what you need even before you ask him." This isn't an invitation to stop praying—it's an invitation to stop performing. Prayer isn't about informing God; it's about forming us. When we come to God with our hands full of our own plans, agendas, and anxieties, there's no room to receive what He wants to give. Today, consider what you're gripping too tightly. What agenda are you bringing to God for His approval rather than His direction? The table of communion, the posture of prayer—these invite us to come with open, empty hands, acknowledging that He already knows, He already cares, and He's already at work.

Reflection: What am I holding onto that I need to release into God's hands today?

Day 2: Moving Out of the Center

Reading: Matthew 6:9-10

Devotional: "Our Father which art in heaven, hallowed be thy name. Thy kingdom come, thy will be done..." Notice what Jesus doesn't start with: our problems, our needs, our requests. He starts with God—His name, His kingdom, His will. This is a radical reorientation. Our natural instinct is to come to God with our agenda already written, presenting our plan for His approval. But Jesus teaches us to start somewhere else entirely: with reverence, with remembering who we're talking to, with acknowledging that His kingdom is bigger than our circumstances. This isn't meant to minimize what you're going through—it's meant to contextualize it. When anxiety rises, when control feels necessary, return here: "Your kingdom, Your will, not mine."

Reflection: How does starting with God's kingdom rather than my problems change my perspective today?

Day 3: The Daily Practice of Dependence

Reading: Matthew 6:11

Devotional: "Give us this day our daily bread." Notice the word "daily." Not weekly, not monthly, not "set me up so I don't have to ask again." Daily. Jesus designs a prayer that puts us right back into an "I need You every single day" mindset. We resist this. We want to arrive at a place of self-sufficiency, where we've got it figured out and don't need to keep asking. But discipleship isn't about graduation from dependence—it's about deepening into it. Every morning is an invitation to die to self daily, to acknowledge that apart from Him we can do nothing. This isn't weakness; this is the posture of a disciple. The question isn't whether we need God today—it's whether we'll acknowledge it.

Reflection: What does "daily dependence" look like in my life right now?

Day 4: The Uncomfortable Honesty of Forgiveness

Reading: Matthew 6:12, 14-15

Devotional: "Forgive us our debts as we forgive our debtors." This may be the most uncomfortable line in the entire prayer. Jesus directly ties our experience of forgiveness to our willingness to extend it—not as a transaction, but as a reality check. We don't earn God's forgiveness by forgiving others, but a heart that refuses mercy is resisting the very grace it's asking to receive. If we're holding unforgiveness while asking God to forgive us, something is misaligned. Jesus felt so strongly about this that He circles back to underline it after the prayer ends. Maybe a name just came to mind. Maybe you've been carrying something for a long time. This prayer won't let you pretend that's okay. Honesty with God begins with honesty about what's in our hearts.

Reflection: Who do I need to forgive, and what step can I take toward that today?

Day 5: Whose Kingdom, Power, and Glory

Reading: Matthew 6:13

Devotional: "For thine is the kingdom and the power and the glory forever." After everything this prayer has done—moved us out of the center, invited brutal honesty, exposed our need—it lands here: not on us, but on God. The kingdom isn't ours to control. The power isn't ours to manufacture. The glory isn't ours to claim. Yesterday we may have celebrated earthly nations, but today we're reminded there is a kingdom above every nation, a power greater than every

government, and a glory that outlasts everything else. When we actually believe this and live like this, something shifts. The grip loosens. The anxiety quiets—not because circumstances change, but because we remember whose we are. We are dependent and expectant disciples of the living Christ, and that's not just our identity—it's our freedom.

Reflection: What am I trying to control that belongs to God's kingdom, not mine?