

# QFMC 5 Day Devotional

Week of March 22, 2026 by Andrew Royer

## Following the Rhythm of Jesus

### Day 1: Formed by What We Follow

**Reading:** Matthew 4:23-25; Psalm 1:1-3

**Devotional:** We are always being formed—the question is, by what? Just as a tree draws nourishment from water, our souls are shaped by what we consistently turn toward. Jesus established a rhythm of teaching truth, announcing good news, and bringing healing. This wasn't random; it was intentional formation.

Today, examine the rhythms of your own life. Are you being shaped by hurry, distraction, or the urgent? Or are you allowing Jesus to form you through His Word and presence? Like those who gathered in the synagogues, position yourself where truth is spoken. The rhythms you establish today will determine the person you become tomorrow. Don't settle for a full life that leaves you spiritually empty. Choose rhythms that draw you closer to Jesus, allowing His truth to reshape your thinking, your priorities, and ultimately, your heart.

### Day 2: The God Who Announces Good News

**Reading:** Isaiah 52:7-10; Romans 10:14-15

**Devotional:** There's a profound difference between teaching and announcing. Teaching explains; announcing declares that something has changed. Jesus didn't just explain theology—He announced that the kingdom of God had arrived. This is good news, not good advice.

You are beloved of God. Do you need to hear that today? This isn't information to process; it's an announcement that changes everything. Whatever feels broken isn't beyond His reach. Whatever feels stuck isn't beyond His power. Whatever feels lost isn't beyond His ability to restore.

We often reduce Christianity to a moral system or theological framework, but before it's any of those things, it's good news. Through Jesus, God is restoring what sin has broken. You're not just trying harder; you're responding to what God has already begun. Let this truth sink deep today: God hasn't come to give you a system—He's come to give you Himself.

## Day 3: The Jesus Who Moves Toward Pain

**Reading:** Matthew 9:35-38; Isaiah 53:3-5

**Devotional:** Jesus didn't stand at a distance explaining brokenness—He moved toward it. Whatever the sickness, whatever the condition, He healed them all. This reveals the heart of God: compassionate, present, and powerful.

Notice what Jesus moves toward: pain, sickness, torment, brokenness. He doesn't wait for people to clean themselves up first. He meets them in the mess. This same Jesus moves toward you today, right where you are, carrying whatever you're carrying.

As His disciples, this rhythm reshapes us. We become people who move toward others, not away from them. We step into pain, need, and brokenness—not because we have all the answers, but because the One we follow does. We are privileged to be His hands and feet. Today, ask: Where is Jesus calling me to move toward someone in their need? Who needs to experience the compassion of Christ through me? Don't wait for perfect conditions. Move with Jesus toward the broken places.

## Day 4: Proximity Is Not Discipleship

**Reading:** Matthew 7:21-23; James 1:22-25

**Devotional:** The crowds grew around Jesus, but not everyone in the crowd became a disciple. It's possible to be near Jesus, hear His words, even admire Him, and still never truly follow Him. Proximity is not discipleship.

This is a subtle place to settle. Nothing looks obviously wrong—you're showing up, listening, participating. But inside, nothing's really changing. Nothing's being surrendered. You can confuse being around Jesus with actually following Jesus.

Following requires surrender. It means yielding control, allowing Jesus to change what you know needs to change but don't want to give up. It's the difference between agreeing with Jesus and entrusting your life to Him.

Today, ask yourself honestly: Am I following Jesus, or have I settled for just staying near Him? This isn't about having it all together—it's about taking the next step of obedience. What is Jesus asking you to surrender today? What area of control are you still holding onto? True discipleship begins when proximity transforms into surrender.

## Day 5: The Lamb Who Wins

**Reading:** Revelation 5:11-14; Colossians 2:13-15

**Devotional:** The same Jesus who walked dusty roads teaching, healing, and announcing good news is the exalted Lamb upon the throne. Every angel, every creature, every voice in heaven and earth declares: "Worthy is the Lamb who was slain to receive power and riches and wisdom and might and honor and glory and blessing!"

Jesus didn't just come to show us a better way to live—He came to win the battle we couldn't win. Through His death and resurrection, He conquered sin, death, and darkness. The victory is already won. Christ is victor.

This means you're not fighting for victory; you're living from victory. You're not hoping Jesus might show up—He already has. You're not waiting for God to do something—He's already done it through the cross and empty tomb.

As you move through this day, carry this truth: the battle belongs to the Lamb, and the Lamb has won. Give Him blessing, honor, glory, and power—not someday, but today. Let this be your declaration: Jesus, You are the one I will follow.