

# QFMC 5 Day Devotional

Week of May 31, 2026 by Ryan Massey

## From Darkness to Light

### Day 1: The Heart Beneath the Surface

**Reading:** Matthew 5:27-32; Psalm 139:23-24

**Devotional:** Jesus doesn't settle for surface-level righteousness. He cuts through our carefully managed exteriors to expose what's truly happening in our hearts. Like a skilled surgeon, He reveals the cancer of sin not to condemn us, but to heal us. David understood this when he prayed, "Search me, O God, and know my heart."

Today, resist the temptation to manage your image while ignoring your inner life. The same Jesus who exposes your sin is the same Jesus who forgives it. His truth may sting, but it leads to freedom. What hidden struggle have you been keeping in darkness? Remember: Jesus comes full of grace AND truth. He sees everything and loves you completely. Invite Him into the secret places today.

### Day 2: The Power of Confession

**Reading:** James 5:16; 1 John 1:5-9

**Devotional:** "Secrecy is where sin grows. Confession is where healing begins." These words echo James's profound instruction: confess your sins to one another and pray for each other so that you may be healed. The enemy wants you isolated, convinced that your struggles are too shameful to share. But isolation is his playground.

There's something supernatural that happens when we bring our hidden sins into the light with trusted believers. It breaks shame's power and invites God's healing presence. You don't need to announce your struggles from a microphone, but you do need at least one trusted Christian friend who knows your battles and prays with you. Who can you confess to this week? Take that courageous step toward healing today.

### Day 3: Radical Surgery for Lasting Freedom

**Reading:** Matthew 5:29-30; Romans 13:12-14

**Devotional:** Jesus uses shocking language—tearing out eyes, cutting off hands—not to promote self-mutilation, but to communicate the seriousness of sin. What in your life is leading you toward destruction? What's your "right eye" or "right hand"?

Perhaps it's an app on your phone, a subscription service, a relationship, or a habit. Jesus calls us to deal ruthlessly with whatever feeds temptation. This isn't legalism; it's liberation. Sin promises pleasure but delivers death. Holiness promises discipline but delivers life abundant.

What radical action do you need to take this week—not next month, but this week? Delete that app. Cancel that subscription. Set new boundaries. End that unhealthy relationship. Jesus isn't asking you to be perfect; He's inviting you to be serious about the things destroying your soul.

## Day 4: Covenant Love in a Disposable Culture

**Reading:** Malachi 2:13-16; Ephesians 5:25-33

**Devotional:** Our culture treats relationships like consumer contracts—keep them as long as they serve us, discard them when they don't. But God's design for marriage reflects His covenant faithfulness toward us: permanent, sacrificial, persevering love even when things get difficult.

Whether you're married, single, or divorced, this passage calls you to a higher vision of covenant faithfulness. For married couples: recommit to sacrificial love today. For singles: prepare your heart for covenant, not just romance. For the divorced: receive God's grace and healing for your grief.

God never abandoned Israel despite their repeated unfaithfulness. His love pursues, forgives, and restores. This is the love that should mark our marriages and all our relationships. How can you reflect God's covenant faithfulness in your relationships today?

## Day 5: The Hope of Transformation

**Reading:** 2 Corinthians 5:17; Ezekiel 36:26-27

**Devotional:** After a week of confronting difficult truths about lust, adultery, and broken relationships, you might feel discouraged. But here's the glorious gospel: Jesus is in the business of making people new. He doesn't just modify behavior; He transforms hearts.

The same Jesus who holds a high standard of holiness is the same Jesus who gives you His Spirit to meet that standard. He promises to remove your heart of stone and give you a heart of flesh—tender, responsive, alive. You are not stuck in your sin. You are not defined by your past. You are not beyond redemption.

If you're in Christ, you are a new creation. The old has passed away; the new has come. Walk in that newness today. Receive His grace. Trust His transforming power. There is hope for every sinner willing to surrender their broken heart to Christ.