

5 Day Devotional for the week of July 13, 2025

This five day devotional will be taking a deeper dive into the sermon from this weekend. Through reflection and prayer, we will explore the themes of healing, forgiveness, and the barriers that may hold us back from experiencing the fullness of God's promises.

Monday, Day 1

John 5:2-9

In this passage, we encounter a man who had been ill for 38 years, waiting by the Pool of Bethesda for healing. His story is a poignant reminder of how prolonged suffering can lead to a spirit of defeat. Jesus approaches him with a direct question: "Do you want to be made well?" This question may seem simple, yet it challenges us to confront the barriers we have created to receiving God's healing. The man does not immediately answer with a "yes" but instead offers excuses, reflecting a mindset entrenched in hopelessness.

Just like the sick man, many of us may find ourselves hesitant to embrace the healing God offers. We may have grown accustomed to our struggles and the attention they bring. Yet, Jesus invites us to rise above our circumstances. This devotional day encourages us to identify what holds us back and to accept the grace offered by Christ, freeing us to pursue wholeness. Are we willing to meet Jesus at the point of our need?

- What barriers have I placed in my life that prevent me from receiving healing?
- In what areas of my life am I making excuses instead of seeking God's help?
- How can I cultivate a mindset of hope and faith in my current circumstances?
- Pray for God to reveal any hidden areas of doubt in your heart.
- Ask for the courage to let go of past hurts and to seek healing.
- Spend time in worship, inviting God's presence into your situation.

Tuesday, Day 2

Colossians 3:13

Forgiveness is a theme that permeates our understanding of both healing and relationship with God. As we reflect on the encounters at the Pool of Bethesda, we learn that holding onto bitterness and unforgiveness blocks us from experiencing God's healing touch. Just as the man

by the pool allowed others to hold him back, we too can let grievances prevent our spiritual growth and healing.

This day reminds us that forgiveness is not just a suggestion but a command from God. It releases us from the bondage of others' actions, allowing us to walk in the freedom Christ offers. In forgiving others, we mirror the grace we have received, demonstrating that it is possible to let go of the past and embrace a future filled with hope and healing. Are we ready to forgive and take hold of the wholeness we desire?

- Who do I need to forgive in order to move forward in my healing journey?
- How have past hurts affected my current relationships and spiritual life?
- What steps can I take to actively practice forgiveness?
- Pray for the strength to forgive those who have wronged you.
- Seek God's healing for any pain caused by holding onto unforgiveness.
- Ask God to help you view those who have hurt you through His eyes of love.

Wednesday, Day 3

Matthew 11:28-30

Jesus invites us to come to Him when we are weary and burdened, offering rest for our souls. In the story of the man at the pool, we see how years of illness can lead to a burden that weighs heavily on one's heart and mind. The challenge for many is not just the physical ailment but the emotional and spiritual toll it can take. Jesus' heart is to lift those burdens from us, encouraging us to find rest in Him.

As we reflect on this invitation, it's essential to consider the areas of our lives where we are carrying unnecessary weight. Perhaps it is guilt, shame, or worry about the future. Jesus is calling us to surrender these burdens, enabling us to experience the fullness of life He promises. This day encourages us to identify what we are carrying and to bring it before the Lord, trusting Him with our burdens.

- What burdens am I currently carrying that I need to surrender to Jesus?
- In what ways have I tried to manage my struggles on my own?
- How can I actively seek rest in Jesus in my daily life?
- Ask Jesus to lighten your burdens and grant you rest.
- Write down any burdens you are feeling and pray over them.

- Spend time in silence, inviting God's peace to fill your heart.

Thursday, Day 4

James 5:16

The power of prayer is a vital theme woven throughout our journey of faith. In James, we are reminded that the prayer of a righteous person is powerful and effective. In the story of the healed man at Bethesda, we are called not only to seek healing for ourselves but also to intercede for others. The act of prayer can be transformative, breaking down walls and lifting burdens both for ourselves and those around us.

This day emphasizes the importance of community in our pursuit of healing. As we pray for one another, we build a support system that fosters faith and encouragement. Think about how you can step into a position of prayer for those struggling around you. Together, we can see God move mightily as we come alongside each other in prayer.

- Who can I pray for in my life that needs healing or encouragement?
- How can I strengthen my prayer life and the prayer life of others?
- What role do I play in creating a supportive prayer community?
- Commit to pray for specific individuals or situations this week.
- Thank God for the community of believers who support you.
- Ask God to deepen your prayer life and burden for others.

Friday, Day 5

Isaiah 41:10

As we conclude our devotional journey, we are reminded of God's promise to be with us in every circumstance. The assurance found in Isaiah offers comfort in times of trouble, reminding us that we are never alone. The man at the pool waited years for healing, yet in that waiting, God was building a foundation of faith that would enable him to rise and walk when the time came.

This day encourages us to reflect on the faithfulness of God in our lives. Even in periods of waiting or uncertainty, He is working behind the scenes. Let us hold on to His promises, trusting that He sees our struggles and walks with us through them. As we step out in faith, remember that our God is a God of healing, and He desires for us to experience the fullness of His love and grace.

- How have I seen God's faithfulness in my own life?

- What areas of my life need me to trust God more fully?
- How can I encourage others to hold on to God's promises?
- Pray for a deeper awareness of God's presence in your life.
- Reflect on specific promises of God and claim them in prayer.
- Invite God to strengthen your faith as you walk through difficult times.