

5 Day Devotional for the week of May 3, 2026

This week's five day devotional will be taking a deeper dive into the sermon from this weekend. Over the course of these days, we will explore the theme of inner healing and how the teachings of Jesus guide us towards wholeness in spirit, soul, and body.

Day 1

3 John 1:2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

This verse reminds us of the holistic view that God has for our wellbeing. He desires for us to prosper in all things, including our health and the prosperity of our soul. This prosperity is not just about physical health, but also encompasses the healing of our mind and emotions. Pastor emphasizes the importance of dealing with the deep-seated wounds of the heart that often linger from words spoken over us in our past. As we reflect on this, consider how your own soul is prospering and where God may be inviting you into deeper healing.

Forgiveness, repentance, replacing lies with truth, and prayer are vital steps in this journey. Pastor illustrates these points as essential for inner healing, underscoring that God is not blind to our experiences and heartaches. Jesus' call to heal the brokenhearted in Isaiah 61 reassures us of His commitment to our emotional restoration. Remember, we are called not just to exist but to thrive in freedom and peace.

- What words or experiences have impacted your soul profoundly?
- How have you experienced God's healing in your life before?
- In what areas of your life do you feel God is calling you to invite Him in for deeper healing?

- Ask God to reveal areas in your heart where healing is needed and surrender them to Him.
- Pray for the strength and courage to forgive others and yourself for past wounds.

Day 2

Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.

This scripture emphasizes the importance of guarding your heart, as it is the source of life. Pastor spoke about the critical role our inner emotional state plays in shaping our external experiences, relationships, and spiritual connection with God. Emotional wounds can create barriers that prevent us from fully engaging in loving relationships and trusting God's goodness.

The Greek scholar Rick Renner interprets the concept of healing the brokenhearted as repairing lives that have been shattered. Through refusing to address these wounds, many of us increase our defenses, impeding the depth and authenticity of our relationships. It's crucial to

acknowledge these defenses, recognizing them as reactions to our past. As you reflect, consider, how you can lower these guards, allowing God's healing touch to restore your heart.

- Have there been moments when you've kept your heart guarded?
- What would it look like to live with a heart that is healed?
- Where can you begin the work of inviting God to transform your heart today?

- Pray for wisdom and discernment to understand and acknowledge your defenses.
- Ask for God's strength to begin dismantling the walls you have built around your heart.

Day 3

Psalm 109:22 For I am poor and needy, and my heart is wounded within me.

This verse reflects a cry of someone whose heart is deeply wounded. Pastor discussed how our own life experiences contribute to a fractured heart, yet God sees and knows the depths of our sorrows. Understanding that our emotional states can affect our trust in God is vital to our healing journey.

Though life's betrayals and hardships inflict wounds within us, Jesus' ministry was profoundly aimed at setting us free from such hurt. We must dare to trust that God desires to heal us completely. Believing in His faithfulness to mend our brokenness is paramount, as is our openness to allow Him to do so without reservation.

- Which past experiences do you feel may contribute to any doubt you have in God's goodness?
- How can your pain be used as a catalyst for greater faith?
- How does knowing that God understands your pain impact your relationship with Him?

- Pray for God to transform your pain into avenues for greater faith and trust.
- Seek God's assurance that He comprehends and cares for your wounds.

Day 4

Isaiah 61:1 The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners

Isaiah 61 highlights Jesus' mission to heal the brokenhearted and set captives free—a mission deeply rooted in God's ultimate desire for our freedom and wholeness. Pastor reminds us that God's kingdom is not simply about an eternal future, but encompasses a present journey towards wholeness.

Recognizing the impact of previous wounds allows God's liberating power to break through our defenses. Letting go of self-imposed vows and judgments opens the door to His transformative

love. The healing of our hearts is a divine response rather than a human effort. As you internalize these truths, welcome God's healing into every facet of your life.

- What vows or judgments have you made that keep you from walking in true freedom?
- Are there areas in your life where you feel stuck, unable to progress towards God's promises?
- How can you live today as a testament to God's healing power?

- Pray to release vows and judgments that have imprisoned your heart, knowing that God's desire is for your complete freedom.
- Ask God to provide you with the clarity and strength to live a life that reflects His healing love.

Day 5

Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

The message of freedom is powerfully conveyed in Galatians, where the apostle Paul speaks of standing firm in the liberty Christ has given us. Pastor closes the sermon with a reminder that freedom is the ultimate goal of the heart's healing—the freedom to live, love, and serve without the chains of past wounds.

As we conclude this devotional, reflect on what it means to embrace a heart fully healed in Christ. Freedom enables us to love others deeply, engage in authentic relationships, trust in God's goodness, and release any shame or blame. In becoming whole, we find our true identity in Christ, free from the shadows of what has been, stepping boldly into the promise of what is and what will be.

- What does freedom in Christ mean to you on a personal level?
- How can living in freedom alter your interactions and relationships with others?
- What steps can you take to embrace and live out your identity in Christ fully?

- Thank God for the freedom He offers through Jesus.
- Ask for His guidance in living out this freedom each day, impacting those around you with His love.