



5 Day Devotional

This five-day devotional will be taking a deeper dive into [the sermon from this weekend](#). We will explore the themes of faith in the midst of trials, the importance of prayer, and recognizing God's sovereignty over our circumstances.

Day 1

Matthew 14:22-33

22 Immediately he[a] made the disciples get into the boat and go ahead of him to the other side, while he dismissed the crowds. 23 After dismissing the crowds, he went up on the mountain by himself to pray. Well into the night, he was there alone. 24 Meanwhile, the boat was already some distance[b] from land,[c] battered by the waves, because the wind was against them. 25 Jesus came toward them walking on the sea very early in the morning.[d] 26 When the disciples saw him walking on the sea, they were terrified. "It's a ghost!" they said, and they cried out in fear.

27 Immediately Jesus spoke to them. "Have courage! It is I. Don't be afraid."

28 "Lord, if it's you," Peter answered him, "command me to come to you on the water."

29 He said, "Come."

And climbing out of the boat, Peter started walking on the water and came toward Jesus. 30 But when he saw the strength of the wind,[e] he was afraid, and beginning to sink he cried out, "Lord, save me!"

31 Immediately Jesus reached out his hand, caught hold of him, and said to him, "You of little faith, why did you doubt?"

32 When they got into the boat, the wind ceased. 33 Then those in the boat worshiped him and said, "Truly you are the Son of God."

In this scripture, we witness the disciples' struggle against the storm while Jesus walks on water towards them. The moment they cry out for help, Jesus immediately responds. This illustrates the key theme of recognizing our need for God in times of crisis. We often find ourselves in overwhelming situations, feeling isolated and powerless, much like the disciples in the boat. Yet, it is in these moments that we must reach out, acknowledge our struggles, and call on Jesus. He is always present, ready to provide help and peace amidst our storms.

Additionally, the passage serves as a reminder to maintain focus on Jesus, even when the waves of life threaten to consume us. Just as Peter was able to walk on water while his eyes remained on Jesus, we, too, can overcome our challenges through faith. When distractions and doubts arise, we are encouraged to fix our gaze on Christ, who is our source of strength and assurance.

- What storms or challenges are you currently facing in your life?
- How can you make it a habit to cry out to God in prayer during difficult times?
- In what ways can you keep your focus on Jesus when distractions arise?
- Pray for peace and strength in the midst of your storms.
- Ask God to help you keep your eyes fixed on Him daily.

Notes:

Day 2

Philippians 4:6-7

6 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

This passage encourages us not to be anxious about anything, but to bring our requests to God through prayer. When we learn to communicate openly with God, we find that He provides a peace that transcends understanding, especially in the midst of trials. Just as the disciples' fears were calmed by Jesus' presence, we too can experience a divine calm when we invite God into our situations. This reflects His promise that He is in control and has a plan for our lives.

Prayer also acts as an anchor for our souls. When we face storms and uncertainty, it's easy to become overwhelmed. However, through prayer, we not only voice our needs but also shift our focus from our problems to God's greatness. This day of the devotional reminds us that through consistent prayer, we build a deeper relationship with God and can trust Him to guide us through each storm we encounter.

- What worries or anxieties can you surrender to God today?
- How does prayer change your perspective during difficult times?
- In what ways can you incorporate prayer into your daily routine?
- Ask God to help you replace anxiety with His peace.
- Pray for wisdom in your circumstances.

Notes:

Day 3

Isaiah 26:3

*3 You will keep the mind that is dependent on you
in perfect peace,
for it is trusting in you.*

This scripture speaks of God keeping in perfect peace those whose minds are steadfast, focusing on Him. During turbulent times, it's crucial to anchor our thoughts on the truth of God's Word. Jesus exemplifies this truth as He walks towards the fearful disciples. The promise that God gives us perfect peace reflects His desire for us to trust Him wholly despite life's uncontrollable circumstances. Rather than allowing fear to dictate our actions, we must choose faith over fear, knowing that God is with us.

Building a steadfast mind requires consistent practice, including meditation on scripture and actively reminding ourselves of God's faithfulness in the past. By reflecting on His promises, we reinforce our faith and courage to face whatever storms may arise. This day encourages us to nurture our relationship with God, so that we can experience His peace and guidance even in the most chaotic times.

- How can you cultivate a mindset that focuses on God rather than your fears?
- What truths from scripture can you meditate on today?
- How has God brought you peace in past situations?
- Pray for a steadfast mind and heart focused on God.
- Ask God to reveal His peace in every situation you face.

Notes:

Day 4

Psalms 55:22

*Cast your burden on the Lord,
and he will sustain you;
he will never allow the righteous to be shaken.*

The Psalmist reminds us to cast our burdens on the Lord, for He will sustain us. This is a powerful truth that underscores God's commitment to us during our trials. When we feel weighed down, it is His strength that carries us through. Just as the disciples experienced the overwhelming nature of their situation, we also encounter burdens that may feel too heavy to bear. God invites us to release these burdens and trust in His capability to support us.

Trusting God means we actively choose to hand over our worries and fears to Him, acknowledging that He is capable of handling every situation. This devotional day encourages us to actively release our struggles in prayer and to believe that God will provide for us. As we practice casting our burdens, we will experience ongoing relief and the ability to focus on God's purpose and peace in our lives.

- What burdens are you currently carrying that you need to release to God?
- How can you remind yourself of God's sustaining power when faced with challenges?
- What steps can you take to actively trust God in your daily life?
- Pray for the courage to release your burdens to God.
- Ask God to provide strength and support in your life's trials.

Notes:

Day 5

Romans 8:31-32

31 What, then, are we to say about these things? If God is for us, who is against us? 32 He did not even spare his own Son but gave him up for us all. How will he not also with him grant us everything?

This passage powerfully reminds us of God's unwavering support and love for us. If God is for us, who can be against us? This truth serves as a foundation for our faith, especially during turbulent times. The assurance that God did not spare His own Son but gave Him for us exemplifies His love and commitment to our well-being. When we face adversity, this scripture calls us to trust in God's goodness and intention for our lives, standing firm in the belief that no situation is beyond His control.

As we close this five-day devotional, let us reflect on the importance of recognizing God's sovereignty in our lives. Each day may hold uncertainties and storms, but we can face them confidently, knowing we have a loving Father on our side. Through prayer, focus, and trust, we can navigate life's trials with peace, encouragement, and strength from the One who walks on water.

- How does knowing God is for you shape the way you face challenges?
- What promises from God can you hold onto during tough times?
- In what ways can you demonstrate your trust in God this week?
- Pray for the boldness to trust in God's plan for your life.
- Ask God to fill you with peace as you navigate challenges.

Notes:
