

# 5 Day Devotional

## Day 1: Swimming Upstream: The Call to Be Different

### Devotional

Have you ever tried swimming against a strong current? Your muscles burn, your lungs ache, and every fiber of your being wants to just let the water carry you downstream. Living as a follower of Jesus in today's world often feels exactly like this - like swimming upstream against the flow of culture around us.

When you became a follower of Jesus, something fundamental changed. Your thinking shifted, your perspective on life transformed, and suddenly you found yourself called to live differently than everyone else. This isn't always comfortable or easy. In fact, it can feel isolating and challenging.

But here's the beautiful truth: you're not alone in this upstream journey. Throughout history, believers have faced this same challenge. They've been called to demonstrate values that stand in stark contrast to their culture, to live as exiles in a world that doesn't always understand or welcome their faith.

The key is remembering that this different way of living isn't meant to be a burden - it's meant to be a beacon. When others see you choosing kindness over cruelty, hope over despair, and love over hatred, they catch a glimpse of something extraordinary. They see Jesus reflected in your life.

Yes, swimming upstream is hard work. But it's in this very struggle that we discover our strength, our purpose, and our identity as children of God. Every stroke against the current is an act of faith, every choice to live differently is a declaration that there's something worth fighting for.

### Bible Verse

'Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.' - 1 Peter 1:13

### Reflection Question

In what specific areas of your life do you feel the strongest pull to 'go with the flow' rather than live according to God's values, and what would it look like to swim upstream in those areas?

### Quote

The values of Jesus are different than the values of the world. And when you choose to follow Jesus, you are choosing to embrace and live out the values of Jesus.

## **Prayer**

Lord, give me the strength and courage to live differently in a world that often pulls me away from You. Help me to see the beauty in swimming upstream and to trust that Your way is always worth the effort. Amen.

# Day 2: The Choice in Crisis: Moving Closer or Walking Away

## Devotional

Life has a way of testing our faith when we least expect it. A job loss, a health scare, a broken relationship, or even global uncertainty can shake us to our core. In these moments, we stand at a crossroads with two distinct paths before us.

Some people, when faced with trials, become angry at God. They question His goodness, His presence, His care. The pain becomes so overwhelming that walking away seems like the only option. Others choose a different response - they move closer to God, even when it doesn't make sense, even when the hurt is real and deep.

This choice isn't always easy or immediate. Sometimes we wrestle with both responses, feeling pulled in different directions. That's okay - it's human. What matters is where we ultimately land and what we choose to do with our pain.

When we choose to move closer to God during difficult times, something beautiful happens. We discover that He doesn't promise to remove all our troubles, but He promises to walk through them with us. We find that His presence brings comfort that the world simply cannot provide. We learn that becoming more like Jesus isn't just a fair-weather pursuit - it's especially meaningful in the storms.

The exile lifestyle isn't about having perfect circumstances; it's about having a perfect Savior who meets us in our imperfect situations. Every trial becomes an opportunity to demonstrate that our hope isn't built on temporary things, but on the eternal foundation of Christ's love.

## Bible Verse

'As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, "You shall be holy, for I am holy.'" - 1 Peter 1:14-16

## Reflection Question

Think about a recent difficult situation you've faced - did you find yourself moving closer to God or pulling away, and what factors influenced that choice?

## Quote

People have the choice. They will either say, God, I'm angry at you, I'm going to walk away, or I'm going to go a different way, or I'm going to try to do it on my own, or they will move closer to God, continue to become more like Jesus, even in the midst of, of this persecution.

## **Prayer**

Father, when trials come my way, help me to choose You over my own understanding. Give me the faith to move closer to You, especially when everything in me wants to run away. Let my response to difficulty be a testimony of Your faithfulness. Amen.

# Day 3: Preparing Your Mind: The Daily Work of Faith

## Devotional

Imagine a firefighter who never trains, a surgeon who never studies, or an athlete who never practices. When the moment of truth arrives, they wouldn't be ready. The same principle applies to our spiritual lives - living how God wants us to live doesn't just happen automatically.

Every morning, we wake up with a choice. We can either drift through the day, letting circumstances and emotions dictate our responses, or we can intentionally prepare our minds for the challenges ahead. This preparation isn't a one-time event; it's a daily discipline that shapes who we become.

Preparing your mind means filling it with truth before lies have a chance to take root. It means spending time in God's Word before the world starts shouting its messages at you. It means praying before problems overwhelm you. It means choosing to focus on what matters most before distractions pull you in every direction.

When trials come - and they will come - you'll be ready. Not because you're perfect, but because you've been preparing. Your mind will be sharp, your thinking will be clear, and your foundation will be solid. You'll be able to respond from a place of strength rather than react from a place of weakness.

This daily work of preparation is what transforms ordinary people into extraordinary followers of Jesus. It's what enables us to stand firm when others are shaken, to offer hope when others despair, and to demonstrate the reality of God's presence in our lives.

## Bible Verse

'Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.' - 1 Peter 1:13

## Reflection Question

What specific daily practices could you implement to better prepare your mind for the challenges and opportunities that come your way?

## Quote

As you live as exiles, be prepared to do the work to get control of your mind and of your thinking. So that when you are in the midst of difficult times, you have the right thinking and you have the right mindset on the right things.

## **Prayer**

Lord, help me to be intentional about preparing my mind each day. Give me the discipline to spend time with You, to fill my thoughts with Your truth, and to be ready for whatever comes my way. Make me sharp and focused on what truly matters. Amen.

# Day 4: Breaking Free: Leaving the Old Behind

## Devotional

There's something both terrifying and liberating about clean breaks. When you decide to leave an old job, end an unhealthy relationship, or move to a new city, you're essentially saying goodbye to the familiar and hello to the unknown. Following Jesus requires this same kind of decisive break with our former way of living.

Before Christ, we operated according to the world's playbook - seeking comfort, avoiding difficulty, prioritizing our own desires above all else. These patterns became so ingrained that they felt natural, automatic, comfortable. But when Jesus changed our hearts, He also called us to change our habits.

Making a clean break doesn't mean we become perfect overnight. It means we stop making excuses for behaviors that don't align with our new identity in Christ. It means we stop saying, "That's just who I am," when we know God is calling us to something better. It means we choose the narrow path even when the wide road looks more appealing.

This break with our former self isn't about following a list of rules - it's about embracing a new way of being. When we were purchased by Christ's blood, we weren't bought so we could continue living futile, pointless lives. We were bought so we could live with purpose, hope, and meaning as His representatives in this world.

Every day, we have the opportunity to choose: will we default to our old patterns, or will we step boldly into the new life Christ has given us? The choice is ours, but the power to change comes from Him.

## Bible Verse

'As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, "You shall be holy, for I am holy.'" - 1 Peter 1:14-16

## Reflection Question

What old patterns or habits do you find yourself returning to when life gets stressful, and what would it look like to make a clean break from these in favor of Christ-like responses?

## Quote

Make the clean break with the world and with your formal self and your former way of living, basically as human beings. Stop doing what is natural as human beings.

## **Prayer**

Jesus, thank You for purchasing me with Your precious blood. Help me to make a clean break with my old way of living and to embrace the new life You've given me. Give me strength to choose Your ways over my comfortable patterns. Amen.

# Day 5: The Lifelong Journey: Patience with the Process

## Devotional

If you've ever watched a child learn to walk, you know it's not a one-day event. There are countless falls, wobbles, and moments of frustration before those first confident steps. The journey of following Jesus and becoming more like Him follows a similar pattern - it's a lifelong pursuit that requires patience with the process.

Sometimes we get discouraged because we don't see the changes we want to see as quickly as we'd like. We stumble, we make mistakes, we find ourselves responding in ways that don't reflect Christ's character. In these moments, it's tempting to give up or to isolate ourselves from others who might see our struggles.

But isolation is one of the worst things we can do as followers of Jesus. When something's going wrong, when we're facing challenges, when we feel like we're not measuring up - these are precisely the times we need community most. We need others to remind us of God's grace, to encourage us in our journey, and to walk alongside us as we grow.

Remember, the moment you became a follower of Jesus, you were set apart for God. Your sins were forgiven, and God sees you as righteous through Jesus. This isn't based on your performance or your progress - it's based on His perfect sacrifice. From this secure foundation, you can pursue growth without fear of rejection.

Be patient with yourself. Celebrate small victories. Learn from setbacks. And never forget that God is more committed to your transformation than you are. He who began a good work in you will be faithful to complete it.

## Bible Verse

'He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.' - 1 Peter 2:24-25

## Reflection Question

In what areas of your spiritual growth do you need to show yourself more patience, and how can you stay connected to community during challenging seasons rather than isolating yourself?

## Quote

Following Jesus and becoming more like him is a lifelong pursuit. Be patient with the process.

## **Prayer**

Heavenly Father, thank You for Your patience with me as I grow. Help me to be patient with myself and to remember that transformation is a lifelong journey. Keep me connected to others who can encourage me along the way. Amen.