

# I AM SECOND®

## 5 Day Devotional / Cody Garbrandt

This five day devotional will be taking a deeper dive into the sermon from this weekend. We'll explore themes of resilience, faith, and the journey of overcoming personal struggles. Each day will bring us closer to understanding how God works through our trials to bring us closer to Him.

### Day 1

#### ***Philippians 4:13***

Today's theme focuses on the strength and resilience that comes from faith. In the sermon, Cody Garbrandt shares the story of his fights, both inside and outside the octagon. Just as Cody prepared for his battles, we too must prepare ourselves spiritually for the challenges life presents. Our strength is not solely our own; it is nourished and sustained by our faith in God. The scripture for today reminds us that we can do all things through Christ who strengthens us. This teaches us that no matter the adversity, our faith in Jesus empowers us to push through and overcome. Our struggles, much like Cody's, become the proving grounds for our faith and the development of our character.

- How do you draw strength from your faith during tough times ?
- What recent challenges have tested your resilience and how did you handle them ?
- In what ways can you prepare spiritually for the challenges you might face?
- Pray for the strength to face your battles with courage.
- Ask God to help you recognize His presence in your struggles.

### Day 2

#### ***Isaiah 41:10***

As we continue, today's focus is on the comfort and reassurance we find in God's presence. Cody's story of his brother saving his life during a dark time exemplifies the importance of never feeling alone. Likewise, God reassures us in Isaiah that we need not fear, for He is with us. This scripture emphasizes that God will strengthen, help, and uphold us. It's a reminder of His unwavering support. Like Cody experienced a turning point, we too can find pivotal moments of reassurance through our faith, even in the darkest times. God's constant presence provides the comfort we need to face our fears and uncertainties.

- Reflect on a time when you felt God's presence during a challenging moment.
- How does knowing God is with you change the way you approach difficulties ?
- In what ways can you offer support and reassurance to others ?
- Pray for continued reassurance of God's presence in your life.
- Thank God for the moments He has carried you through.

## **Day 3**

### ***Psalm 34:17-18***

Today's message is about finding hope in the midst of despair. Cody's honesty about his struggles and near-suicide is a powerful testament to the hope that can come from our darkest times. The Psalmist tells us that the Lord is close to the broken-hearted and saves those crushed in spirit. God's unwavering proximity during our lowest points is a beacon of hope. Like the Psalmist, we can cry out to God, knowing that He hears and saves us from our troubles. Cody's transformation through faith and family support mirrors this divine promise of rescue and renewal.

- When have you experienced God's closeness during a difficult time?
- How do you find hope and encouragement in scripture during times of despair?
- What specific verses or prayers bring you comfort?
- Pray for those who are feeling broken-hearted or crushed in spirit.
- Ask God to reveal His presence to you in new ways.

## **Day 4**

### ***Romans 8:31***

Today, we focus on the assurance of God's protection and love. Cody's reflection on surrendering to God's will highlights a crucial aspect of our faith journey. Romans reminds us that if God is for us, who can be against us? Understanding God's omnipotence provides us with unparalleled security and peace. Cody's realization that surrender does not mean defeat, but aligning with God's will, is a profound truth. It reassures us that in yielding to God, we are not conceding to our adversaries, but gaining God's favour and protection.

- How does knowing God is for you impact your daily life and decisions ?
- In what areas of your life do you need to surrender more fully to God's will ?
- How can you reassure others of God's love and protection ?
- Pray for a deeper trust in God's plans for your life.
- Ask for the courage to surrender areas of struggle to Him.

## **Day 5**

### ***2 Corinthians 12:9***

On our final day, we focus on the theme of triumph through God's grace. Cody's story culminates in understanding that life's battles enhance our resilience and deepen our faith. The scripture from Corinthians reminds us that God's power is made perfect in our weakness. Accepting our vulnerabilities allows God's grace to work within us, showcasing His strength. Cody's journey, marked by highs and lows, mirrors our own spiritual battles. It's through these experiences that we grow stronger in our faith, relying not on our own might, but on God's unceasing grace.

- Consider times in your life when God's grace was evident in your weaknesses.
- How have your struggles shaped your faith and reliance on God ?
- What steps can you take to embrace God's grace more fully ?
- Pray for a greater appreciation of God's grace in your life.
- Ask for the humility to recognize and embrace your weaknesses.