

5-Day Devotional: Grace, Truth, and Freedom

Day 1: Caught Red-Handed

Scripture: John 8:3-4

"The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst they said to him, 'Teacher, this woman has been caught in the act of adultery.'"

Reflection:

She was exposed. Humiliated. Dragged before a crowd with her sin on full display. There was no denying it, no explaining it away—she was caught red-handed.

If we're honest, we've all been there. Maybe not publicly, but in the quiet moments when the Holy Spirit convicts us, when we can't hide from what we've done. The shame feels crushing. The isolation feels permanent.

But notice where the religious leaders placed her—right in front of Jesus. They meant it for condemnation. God meant it for salvation.

Your sin, no matter how exposed or shameful, is never beyond the reach of Jesus. The very place of your greatest shame can become the place of your greatest freedom.

Prayer:

Jesus, I bring my hidden shame before You today. I'm tired of hiding, tired of pretending. Meet me in my mess. Amen.

Day 2: Stones in Our Hands

Scripture: John 8:7

"Let him who is without sin among you be the first to throw a stone at her."

Reflection:

The religious leaders knew the law perfectly. They quoted it with precision. But they applied it hypocritically—ready to condemn her while ignoring their own sin.

How often do we do the same? We're quick to judge others' struggles while minimizing our own. We hold stones of criticism, gossip, and self-righteousness, forgetting that we too stand in need of grace.

Jesus' words cut through the hypocrisy: "Without sin among you." One by one, the stones dropped. The older ones first—perhaps wisdom had taught them their own brokenness.

Before you judge someone else's sin, check your hands. Are you holding stones you have no right to throw?

Prayer:

Lord, forgive me for the stones I've held. Help me extend the same grace I've received. Make me quick to listen and slow to condemn. Amen.

Day 3: What Jesus Wrote

Scripture: John 8:6, 8

"Jesus bent down and wrote with his finger on the ground... And once more he bent down and wrote on the ground."

Reflection:

We don't know what Jesus wrote in the dirt that day. Some speculate He listed the accusers' sins. Others think He was simply redirecting attention from the woman's shame.

What we do know is this: the same finger that carved the Ten Commandments into stone now wrote in the dust. The law came through Moses—permanent, unchanging, condemning. But grace and truth came through Jesus Christ.

Jesus doesn't erase the law. He fulfills it. He takes what condemns us and transforms it into what saves us. The stones dropped not because sin didn't matter, but because Jesus was about to bear the full weight of it Himself.

Whatever is written in your past, Jesus is writing a new story.

Prayer:

Jesus, thank You that my past doesn't define my future. Write Your story of redemption in my life. Amen.

Day 4: No Condemnation

Scripture: John 8:10-11

"'Woman, where are they? Has no one condemned you?' She said, 'No one, Lord.' And Jesus said, 'Neither do I condemn you; go, and from now on sin no more.'"

Reflection:

Imagine the woman's shock. The accusers were gone. The stones lay in the dust. And Jesus—the only one qualified to condemn her—chose mercy instead.

"Neither do I condemn you." Six words that changed everything.

But notice Jesus didn't stop there: "Go, and from now on sin no more." Grace without truth is cheap. Truth without grace is cruel. Jesus offers both.

He doesn't sweep sin under the rug or say it doesn't matter. He died for it. But He also doesn't leave us trapped in it. He offers freedom, transformation, a new way forward.

Romans 8:1 echoes this moment: "There is therefore now no condemnation for those who are in Christ Jesus." If you're in Christ, the verdict is in: not guilty. Now go and live like it.

Prayer:

Jesus, I receive Your "not guilty" verdict today. Help me walk in freedom, not returning to what once enslaved me. Amen.

Day 5: Stored Up in Your Heart

Scripture: Psalm 119:9, 11

"How can a young man keep his way pure? By guarding it according to your word... I have stored up your word in my heart, that I might not sin against you."

Reflection:

Carson's testimony reminds us that freedom isn't just about confessing sin—it's about filling the void with something better. He didn't just stop looking at pornography; he started storing up God's Word in his heart.

The battle for purity is won or lost in the mind. What you feed grows. What you starve dies.

When temptation comes (and it will), you need more than willpower. You need truth already planted deep in your soul, ready to rise up and remind you who you are and Whose you are.

Memorizing Scripture isn't legalism—it's warfare. It's storing up ammunition for the battles ahead. It's guarding your way according to God's Word.

What verse will you commit to memory this week?

Prayer:

Father, help me treasure Your Word above all else. Plant it deep in my heart so that when temptation comes, truth rises up to meet it. Amen.

Blog Post: The Freedom Jesus Offers the Caught

Based on John 7:53-8:11

She was caught.

Not suspected. Not accused. Not rumored about. Caught. In the act. Red-handed. No wiggle room. No explanation that could make it better.

The religious leaders dragged her into the temple courts and threw her at Jesus' feet. They quoted the law perfectly: "Moses commanded us to stone such women. What do you say?"

It was a trap, of course. If Jesus said, "Stone her," He'd contradict His message of mercy. If He said, "Let her go," He'd violate the law of Moses. Either way, they thought they had Him.

But Jesus didn't play their game.

When Jesus Bends Down

Instead of answering immediately, Jesus bent down and started writing in the dirt. We don't know what He wrote—maybe the sins of her accusers, maybe nothing at all. What matters is what happened next.

"Let him who is without sin among you be the first to throw a stone at her."

Thud. Thud. Thud.

One by one, the stones dropped. The older ones first—perhaps they'd lived long enough to know their own brokenness. The younger ones followed. Soon, only Jesus and the woman remained.

"Woman, where are they? Has no one condemned you?"

"No one, Lord."

"Neither do I condemn you. Go, and from now on sin no more."

The Gospel in Six Words

"Neither do I condemn you."

This is the gospel. Not cheap grace that ignores sin. Not harsh truth that crushes the sinner. But grace and truth together, embodied in Jesus Christ.

The woman deserved death according to the law. Jesus didn't deny that. But He also didn't leave her there. He offered something the law could never give: transformation.

"Go, and from now on sin no more."

Not "Go and try harder." Not "Go and hope you do better." But "Go"—you're free. The condemnation is gone. Now live like it.

A Modern-Day Testimony

When Carson Hardy shared his testimony at our church, I heard the same story playing out. Years trapped in pornography addiction. Shame. Isolation. The fear that if anyone knew, they'd reject him.

But then Jesus met him in the pages of the Gospel of John. Not with condemnation, but with truth that set him free. Carson surrendered everything—not just his sin, but his whole life. He confessed to God, then to his girlfriend (now wife), then to an accountability partner.

And he experienced what the woman in John 8 experienced: freedom.

Not because the struggle disappeared overnight, but because he was no longer fighting alone in the dark. He brought his sin into the light, and it lost its power.

Which Person Are You?

In this story, there are three types of people:

The woman—caught, ashamed, desperate for grace. Maybe that's you today. You've been caught—if not publicly, then in the quiet conviction of your own heart. You know what you've done. The shame feels crushing. You wonder if you're beyond redemption.

Hear Jesus' words to you: "Neither do I condemn you."

The religious leaders—holding stones, ready to judge. They knew Scripture perfectly but applied it hypocritically. Maybe that's you. You're quick to see others' failures while minimizing your own. You hold standards for everyone else that you don't keep yourself.

Hear Jesus' challenge to you: "Let him who is without sin cast the first stone."

Jesus—offering both grace and truth. He doesn't ignore sin, but He doesn't crush sinners either. He covers shame with dignity and offers a path forward. Maybe God is calling you to

be like Jesus to someone in your life—to extend grace without compromising truth.

The Power of Confession

James 5:16 says, "Confess your sins to one another and pray for one another, that you may be healed."

Notice it doesn't say "confess your sins to God alone." Of course we confess to God—1 John 1:9 makes that clear. But there's something powerful about bringing sin into the light with trusted believers.

Why? Because shame thrives in secrecy. Satan's greatest weapon isn't temptation—it's isolation. He whispers, "You're the only one. If anyone knew, they'd reject you. Better keep it hidden."

But when you confess to a brother or sister in Christ, several things happen:

1. **The shame loses its power.** What's hidden in darkness can't survive in the light.
2. **You realize you're not alone.** Others have fought the same battles.
3. **You gain accountability.** Someone knows, someone cares, someone will check in.
4. **You experience gospel grace.** When another sinner extends forgiveness, you taste what Jesus offers.

Carson said the hardest part was the confession. But it was also the most freeing part. When Cassidy said, "I forgive you," he experienced the gospel in flesh and blood.

Guarding Your Way

After his surrender to Christ, Carson didn't just stop sinning—he started storing up God's Word in his heart. He memorized Psalm 119:9-16, which asks the question: "How can a young man keep his way pure?"

The answer? "By guarding it according to your word."

Freedom isn't just about stopping bad habits. It's about replacing them with something better. You can't fight temptation with willpower alone. You need truth planted deep in your soul.

When the temptation comes (and it will), you need Scripture ready to rise up and remind you:

- Who you are (a child of God)
- Whose you are (bought with Christ's blood)
- What you're called to (holiness and freedom)

- What sin costs (everything Jesus died to give you)

This isn't legalism. This is warfare. This is guarding your heart with the most powerful weapon in existence—the Word of God.

The Stones Are Dropping

Here's what I love about this story: the stones dropped.

The accusers came with rocks in their hands and murder in their hearts. But when confronted with their own sin, they couldn't do it. One by one, they walked away.

Maybe you've been holding stones—judgment, bitterness, self-righteousness, unforgiveness. Maybe you've been ready to condemn someone else while ignoring your own need for grace.

It's time to drop them.

Or maybe you've been waiting for the stones to hit. You've been braced for condemnation, convinced that when people find out who you really are, they'll destroy you.

Listen: the stones are dropping. Jesus stands between you and your accusers. The only One qualified to condemn you chooses mercy instead.

Go and Sin No More

But don't miss the second half of Jesus' words: "Go, and from now on sin no more."

Grace isn't permission to keep sinning. It's power to stop.

Jesus doesn't leave us trapped in our sin. He died to set us free from it. Romans 6 makes this clear: we've died to sin. How can we go on living in it?

The woman walked away from that encounter transformed. Not because she tried harder, but because she met Jesus. The same Jesus who said "neither do I condemn you" also said "sin no more"—and gave her the power to do it.

That's the gospel. Not just forgiveness for what you've done, but freedom from what once enslaved you.

Your Next Step

So what do you do with this?

If you're the woman: Bring your sin into the light. Confess to God. Then find a trusted believer and confess to them. Experience the freedom that comes when shame is exposed and grace is extended.

If you're the Pharisee: Drop your stones. Examine your own heart before judging someone else's. Extend the grace you've received.

If you're called to be like Jesus: Ask God who needs to hear "neither do I condemn you" from you today. Who needs grace and truth, not condemnation?

And all of us? Let's store up God's Word in our hearts. Let's guard our way according to Scripture. Let's live as people who've been set free.

Because that's what Jesus does. He meets us in our mess, covers our shame, silences our accusers, and says, "Neither do I condemn you. Now go and live like it."

The stones are dropping.

Will you walk in freedom?

"There is therefore now no condemnation for those who are in Christ Jesus." - Romans 8:1

About the Author: This blog is based on a sermon preached at [Church Name] as part of our series "That You May Believe" walking through the Gospel of John. For more resources, visit [website] or listen to the full sermon at [link].