

Here's a 5-day Bible reading plan and devotional guide based on the themes from this week's message from Pastor James:



Day 1: Our Help Comes from the Lord

Reading: Psalm 121:1-8

Devotional: As we begin this journey, let's reflect on where our help truly comes from. The psalmist reminds us that our help comes from the Lord, the Maker of heaven and earth. In a world full of challenges and uncertainties, it's easy to look to other sources for assistance - our own strength, other people, or material resources. However, true and lasting help comes from God alone. He is our ultimate source of strength, protection, and guidance. Today, take a moment to identify areas in your life where you need help. Instead of relying solely on your own efforts or worldly solutions, turn your gaze upward. Trust that the Creator of the universe is attentive to your needs and is ready to assist you. How might your perspective and actions change if you truly believed that your help comes from the Lord?

Day 2: God Hears and Sees

Reading: Exodus 3:7-10

Devotional: Today's passage reminds us that God is not distant or indifferent to our struggles. He told Moses, "I have certainly seen the oppression of my people in Egypt. I have heard their cries of distress." Even when we feel forgotten or overlooked, God is acutely aware of our situation. He sees our pain, hears our cries, and is moved to action on our behalf. This truth should bring us comfort and hope in times of difficulty. Reflect on a challenging situation in your life right now. How does it change your perspective to know that God sees and hears you in this struggle? Take time to pour out your heart to Him, trusting that He is listening and will respond in His perfect timing and way. Remember, just as God used Moses to deliver His people, He may use you or others around you as instruments of His help and deliverance.

Day 3: The Way of Escape

Reading: 1 Corinthians 10:13

Devotional: Temptation is a universal human experience, but as believers, we have a promise from God that He will always provide a way of escape. This doesn't mean we won't face temptations, but rather that God will give us the strength and means to overcome

them. Often, we focus on the allure of temptation rather than actively looking for God's escape route. Today, consider an area where you frequently struggle with temptation. What "ways of escape" has God provided that you may have overlooked? Perhaps it's a supportive friend, a Scripture verse to meditate on, or a healthy alternative activity. God's escape routes often require our active participation - we must choose to take them. Commit to being more aware of God's provisions and to actively choosing His way out when temptation arises.

Day 4: Praying Instead of Worrying

Reading: Philippians 4:6-7

Devotional: Worry and anxiety can consume our thoughts and rob us of peace. But God offers us a better way - prayer. Instead of allowing our minds to spiral with "what-ifs," we're invited to bring everything to God in prayer. This isn't just a suggestion; it's a command with a promise attached. When we pray instead of worry, God promises to guard our hearts and minds with His peace - a peace that surpasses all understanding. Today, identify your top worries or concerns. For each one, practice turning it into a prayer. Be specific about your needs, but also remember to thank God for what He's already done. How does this shift from worry to prayer affect your emotional state? Make it a habit to catch yourself when you start to worry and immediately turn those thoughts into prayers.

Day 5: Help is on the Way

Reading: Isaiah 41:10-13

Devotional: As we conclude our devotional series, let's focus on the assurance that help is always on the way for God's children. Isaiah's words remind us that God is with us, strengthening us, and holding us up with His righteous right hand. When we face challenges, it's easy to feel alone or overwhelmed. But God promises His presence and His help. He goes before us, behind us, and walks alongside us. Today, reflect on times in your past when God has come through for you. How has He demonstrated His faithfulness? Let these memories strengthen your faith for current or future challenges. Remember, even when we can't see how, God is working on our behalf. Trust in His timing and His methods. As you go about your day, carry this truth with you: help is on the way because the Helper Himself is always with you.