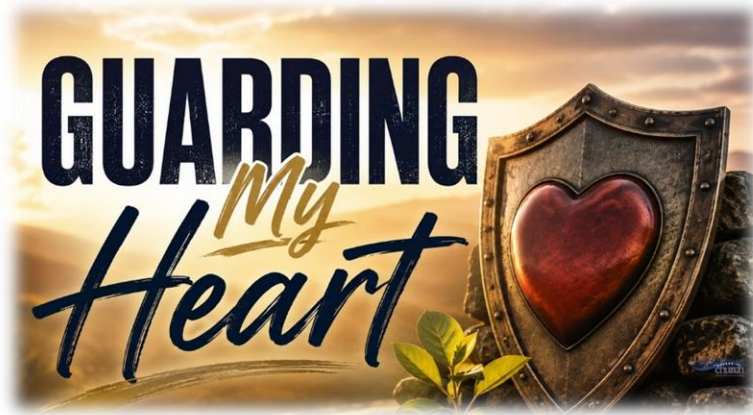


5-Day Bible Reading Plan and Devotional Guide

Guarding Your Heart: A Journey Toward Wholeness



Day 1: Let God Search You

Reading: Psalm 139:23-24

Devotional: David's prayer was not a prayer of the proud, it was a prayer of the honest. He invited God to examine what he himself could not fully see. The heart is capable of hiding things even from its own owner: unresolved hurt, quiet pride, lingering disappointment. Before healing can begin, there must be an honest reckoning. Today, resist the urge to present God with only your needs. Instead, offer him access. Ask him to reveal what is buried beneath your routines, your confidence, and your busyness. What God exposes, he is fully prepared to heal.

Reflection: What area of your heart have you been reluctant to let God examine?

Application: Spend five minutes in silence today, asking God to show you one thing in your heart that needs his attention.

Day 2: Bring Your Broken Heart to God

Reading: Psalm 147:3; Psalm 51:1-4

Devotional: Healing does not happen by accident. It requires honesty, humility, and surrender. David understood this. After one of the greatest moral failures recorded in scripture, he did not hide from God but eventually ran to him. He acknowledged what was broken and asked God to do what only God can do. Hurting people often hurt other people,

not out of malice, but out of unaddressed pain. The cycle only breaks when we bring our wounds to the one who bandages them without judgment. God is not surprised by what is in your heart. He has been waiting for you to bring it to him.

Reflection: Is there a wound you have been managing on your own rather than surrendering to God?

Application: Write down one specific hurt you have been carrying. Pray over it today and ask God to begin the healing process.

Day 3: Guard What You Have Been Given

Reading: Proverbs 4:23; Philippians 4:6-7

Devotional: Guarding the heart is not a passive act. Solomon's instruction in Proverbs 4:23 carries the weight of urgency — the word "above all else" leaves no room for casual indifference. The heart determines the direction of your life. What enters through your eyes, your ears, and your closest relationships will eventually settle in your heart. Paul reinforces this by connecting peace with prayer. When anxiety replaces prayer, the heart becomes vulnerable. When prayer replaces anxiety, God's peace stands guard. You are not left to protect your heart alone. But you must be willing to take responsibility for what you allow access to it.

Reflection: What are you currently allowing into your heart that is pulling you away from peace?

Application: Identify one habit, relationship, or form of media that is unsettling your heart. Make one intentional boundary around it this week.

Day 4: The Word as a Shield

Reading: Psalm 119:11; Deuteronomy 6:4-6

Devotional: The ancient command of Deuteronomy 6 was given to a people on the move who were entering new territory, encountering new cultures, and facing new temptations. God's instruction was not to build a wall, but to carry his word in their hearts. The same principle applies today. Culture shifts. Circumstances change. and People disappoint. But the word of God, hidden in the heart, acts as a filter helping you discern what is from God and what is a distraction from the enemy. You cannot guard what you do not value. Investing time in scripture is not a religious ritual. It is a protective act of love toward your own heart.

Reflection: How consistently is God's word informing the decisions your heart is making?

Application: Select one verse from this week's readings and commit it to memory. Return to it each time your heart feels unsettled this week.

Day 5: A New Heart for a New Start

Reading: Ezekiel 36:26; Lamentations 3:22-23

Devotional: God does not simply patch the old heart, he replaces it. Ezekiel records one of the most remarkable promises in all of scripture: God himself will remove the stony heart and give a tender, responsive one in its place. This is not a reward for perfect living. It is a gift extended to those who are willing to surrender what is worn, hardened, and broken. Every morning carries the mercy of a new beginning. You do not have to carry yesterday's bitterness into today. You do not have to let last year's disappointment define this season. God is offering you a new heart. The only requirement is that you open yours to receive it.

Reflection: In what area of your life do you most need a fresh start that only God can provide?

Application: Begin each morning this week with this simple prayer: "Lord, show me my heart. Heal my heart. Help me guard my heart. Renew my heart." Write down what he reveals to you each day.