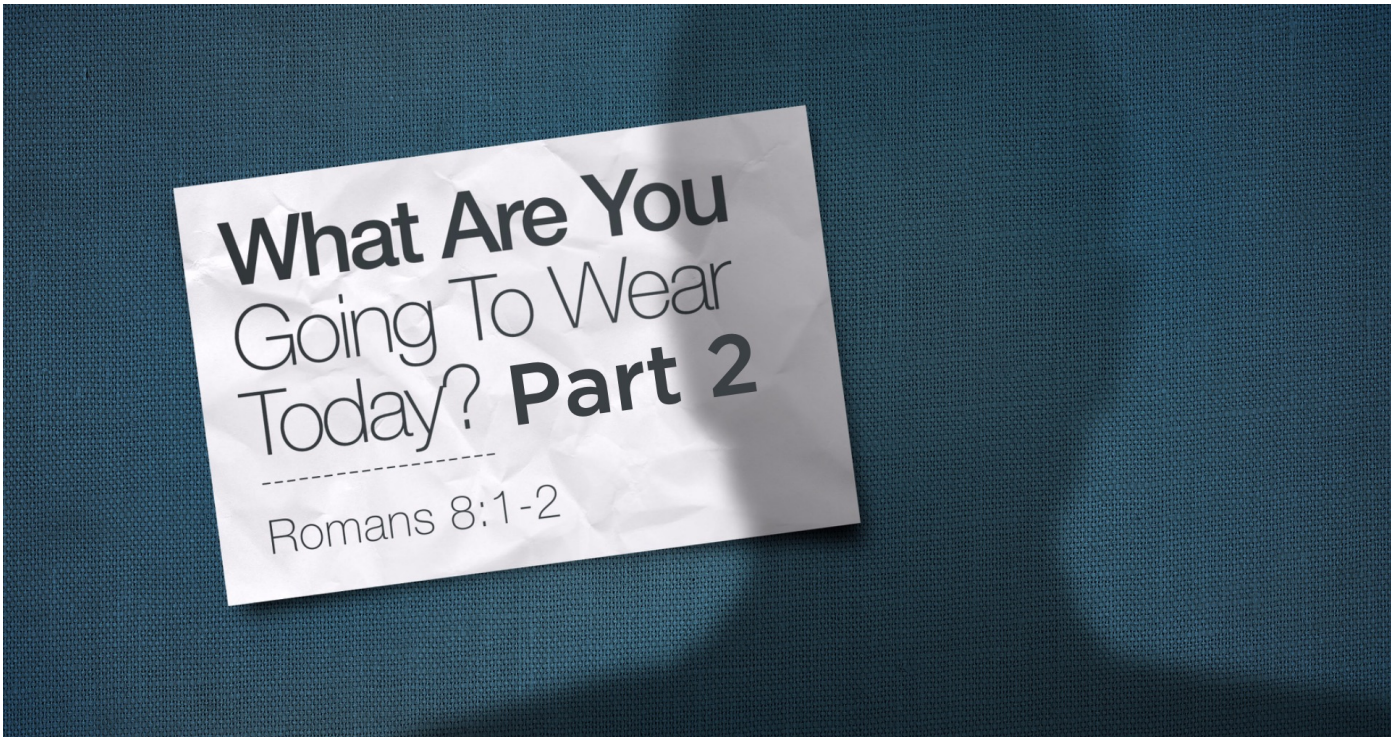


5-Day Bible Reading Plan and Devotional Guide

Day 1: Breaking Free from the Mental Cage

Reading: Romans 12:1-2 -- Paul urges believers not to be shaped by the patterns of this world, but to be inwardly transformed through the renewal of the mind, so that they can discern and live out God's good, pleasing, and perfect will.

Devotional: The cage that holds most people is not made of metal -- it is made of lies repeated so many times they begin to feel like truth. Words spoken over you in childhood, failures rehearsed in private, and shame carried in silence can train the mind to pace the same narrow path year after year. But God's Word is a light powerful enough to cut through every false belief embedded in the soul. Transformation does not come by willpower alone. It comes by daily, deliberate exposure to truth. Begin today by identifying one lie you have believed about yourself and replacing it with a specific promise from Scripture. The renewing of the mind is not a single moment -- it is a daily discipline that leads to lasting freedom.

Day 2: The Father Who Runs

Reading: Luke 15:11-24 -- Jesus tells the story of a son who demands his inheritance early, wastes it in reckless living, and returns home in brokenness, only to be met by his father running toward him with compassion, restoring him fully as a son.

Devotional: In the culture of that day, a father of standing did not run. Running exposed his legs, broke social custom, and invited public ridicule. Yet this father ran anyway. He did not wait on the porch with arms crossed. He did not rehearse a lecture. He gathered up his robe and sprinted toward a son who still smelled of the pig pen. This is the posture of God toward every person who turns toward home. Before your carefully prepared apology speech is finished, before you have cleaned yourself up, before you feel worthy of being called a child again -- He is already running. You do not have to earn your way back. You only have to turn around.

Day 3: No Condemnation

Reading: Romans 8:1-2 -- Paul declares that those who are in Christ Jesus are no longer under condemnation, because the law of the Spirit of life in Christ has set them free from the law of sin and death.

Devotional: Condemnation and conviction are not the same thing. Conviction, the work of the Holy Spirit, draws you toward repentance and restoration. Condemnation, the work of the enemy, drives you toward shame, isolation, and defeat. The enemy is a skilled accuser. He will use your past, your failures, your worst moments, and your secret fears to convince you that you are beyond the reach of grace. Romans 8:1 stands as a wall against every one of those accusations. There is no condemnation for those who are in Christ. Not a little condemnation. Not condemnation on weekdays only. None. Receive that truth today and refuse to allow shame to define what God has already redeemed.

Day 4: Shame Placed on Jesus

Reading: Isaiah 53:4-6 -- The prophet describes the suffering servant who bore human grief, carried sorrow, was wounded for transgressions, and crushed for iniquity, so that through his wounds, healing would come to all who had gone astray.

Devotional: Before the foundation of the world was laid, a decision was made. The Son would go to the cross if humanity fell. He would take not only the sin but the shame -- the full weight of every failure, every hidden wound, every act of rebellion, and every consequence of a broken world. On that cross, Jesus absorbed what we deserved so that we could receive what He earned. The shame you carry today was already addressed at Calvary. You are not required to keep wearing it. Surrender it. Lay it at the feet of the One who willingly took it from you before you ever knew you needed Him to. His wounds are the answer to your shame.

Day 5: Enduring with Hope

Reading: Romans 8:18, 28, 38-39 -- Paul affirms that present sufferings are not worth comparing to the glory that will be revealed, that God works all things together for good for those who love Him, and that nothing in all creation can separate believers from the love of God in Christ Jesus.

Devotional: Life is real. It is hard and good and painful and beautiful, sometimes all at once. Grief does not disappear quickly. Healing takes time. The ache of loss does not simply vanish because faith is present. But the hope of the believer is not wishful thinking -- it is a settled confidence anchored in the character of God and the promise of eternity. Whatever you are carrying today, you carry it with the assurance that God sees it, that He is working within it, and that nothing -- not illness, not grief, not failure, not death itself -- has the power to sever you from His love. Hold on. He is not finished yet.