

5-Day Devotional: Finding God in the Stillness

Day 1: The Danger of Spiritual Busyness

Reading: Mark 2:23-28

Devotional: The Pharisees were physically present when Jesus walked among them, yet spiritually absent. They were so consumed with religious activity and rule-keeping that they missed the Messiah standing before them. This is the tragedy of busyness—we can be close to God's work without being present to it. Today, examine your own life. Are you so busy with religious activities that you've lost sight of relationship with Jesus? God doesn't want your exhausted service; He wants your attentive heart. The Sabbath was made for you, not you for endless religious obligations. What would it look like to stop performing and start being present?

Day 2: When Hurry Becomes Your Enemy

Reading: Psalm 46:10-11

Devotional: "Be still and know that I am God." This isn't a suggestion—it's a command. Hurry keeps us reactive instead of reflective, distracted instead of discerning, busy instead of present. When we constantly rush from one thing to another, we miss the movements of God in our midst. Like waves crashing over an exhausted surfer, opportunities for divine encounter pass us by because we lack the spiritual strength to recognize them. Today, practice being still for ten minutes. No phone, no agenda, no productivity. Just sit in God's presence. Listen. Wait. You might be surprised what you notice when you finally stop moving long enough to see what God is doing right in front of you.

Day 3: Proximity Without Presence

Reading: Mark 3:1-6

Devotional: The Pharisees witnessed a miraculous healing and responded with a planning meeting to destroy Jesus. They had proximity to power but no presence of heart. Their busyness with religious systems blinded them to the sacred moment unfolding before their eyes. How often do we sit in church services, attend Bible studies, or participate in ministry while mentally planning our next appointment? We can be physically present while spiritually absent. God is moving in this generation—lives are being transformed, hearts are being healed, souls are being saved. But will you be too distracted to notice? Today, ask God to give you eyes to see what He's doing and the courage to participate fully.

Day 4: Finding Rest for Weary Souls

Reading: Matthew 11:28-30

Devotional: Jesus offers something countercultural: rest. Not more tasks, not better time management, not increased efficiency—rest. His yoke is easy and His burden is light because He never intended for you to carry the weight of the world on your shoulders. You were created for relationship, not exhaustion. Many of us create busyness as a security blanket because in silence we face the emptiness of what we've been chasing. But Jesus invites you to lay down that burden. Stop running. Stop performing. Stop proving. Come to Him and find the rest your soul desperately needs. Today, identify one unnecessary burden you're carrying and surrender it to Jesus. His arms are open wide.

Day 5: Riding the Wave of God's Movement

Reading: Jeremiah 29:13

Devotional: "You will seek me and find me when you seek me with all your heart." God isn't hiding from you—He's waiting for you to stop long enough to notice Him. Like a surfer who learns to wait for the right wave, spiritual fruitfulness comes from patient attentiveness to God's timing and movement. There's a wave of God's presence moving right now. People are being saved, healed, and transformed. But you'll miss it if you're too exhausted from chasing every small wave that comes your way. Today, position yourself in stillness. Watch. Wait. Feel the rhythm of God's Spirit. When you sense His movement, paddle with everything you have. The wave is here—don't be too busy to catch it.