



# A Choice That Changes Everything

Pastor Mark Ogletree • Sunday, February 1, 2026



## Monday: Joy Flourishes in Unity

Reading: Philippians 4:1-3; Psalm 133:1

Devotional: Paul's plea to Euodia and Syntyche reveals a powerful truth: joy and disunity cannot coexist. When relationships are fractured, spiritual progress halts. Unity doesn't mean everyone gets their way—it means laying down our agenda for God's purposes. Consider the relationships in your life today. Is there discord stealing your joy? Unity requires intentionality and humility. Perhaps you need to initiate a difficult conversation, extend forgiveness, or simply choose to value the relationship over being right. God cares deeply about unity because it creates the atmosphere where His joy can flourish. When we get in unity with our spouse, our team, our church family, joy returns. Today, ask God to show you where unity needs restoration.

Reflection Question: Who do I need to reconcile with to restore unity and joy?

## Tuesday: Peace Guards Your Joy

Reading: Philippians 4:4-7; John 14:27

Devotional: Paul writes from prison, yet commands us to rejoice and not worry. This seems impossible until we understand the peace he's describing—not the absence of storms, but God's presence in them. Jesus slept during the storm because there was no storm inside Him. The disciples mistook His peace for neglect. How often do we do the same? God's peace doesn't mean trouble won't come; it means anxiety doesn't have to rule you. The key is prayer with thanksgiving. When you bring your requests to God while acknowledging what He's already done, His peace stands guard over your heart and mind. This military guard protects your joy from enemy invasion. The enemy can throw storms at you, but when God's peace guards you, he cannot get in you.

Reflection Question: What anxiety am I carrying that I need to exchange for God's peace today?

## Wednesday: Renewing Your Thought Life

Reading: Philippians 4:8-9; 2 Corinthians 10:3-5

Devotional: Most spiritual battles are won or lost in your mind. Satan attacked Eve mentally before she acted physically. He negotiates with your thoughts, trying to convince you God isn't trustworthy. Before the enemy steals your joy, he negotiates your thoughts. You rehearse disappointment, replay offenses, magnify fears, and believe lies. Paul gives us a filter: whatever is true, honorable, right, lovely, admirable, excellent, and praiseworthy—think on these things. When the thought "I'm not enough" crosses your mind, capture it.



5 Day Devotionals for I AM Worship Church

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Compare it to God's truth: you're more than a conqueror. Your Bible contains the answer to every lie. The loudest battles in your life are fought in silence in your mind. Guard your thoughts, and you'll protect your joy.

Reflection Question: What lie have I been believing that contradicts God's truth about me?

## Thursday: The Secret of Contentment

Reading: Philippians 4:10-13; 1 Timothy 6:6-8

Devotional: "I can do all things through Christ who strengthens me" isn't a motivational slogan—it's a declaration from prison about handling every season. Paul learned contentment in abundance and lack, fullness and hunger. Contentment doesn't mean having no dreams; it means you're not held hostage by your current circumstances. We pray for jobs, then complain about them. We ask for spouses, then take them for granted. We believe God for breakthroughs, then become jealous of others' blessings. Joy and gratitude walk together. Two things can be true simultaneously: this is a hard season, AND God has been good to me. You don't lose joy by what happens; you lose it by what you believe about what happens. Choose contentment today.

Reflection Question: What blessing have I been taking for granted instead of being grateful for?

## Friday: Joy Is a Daily Choice

Reading: Nehemiah 8:10; James 1:2-4

Devotional: Joy is not a feeling—it's a decision made before the day begins. Successful people plan their week; spiritually successful people plan their joy. Before circumstances dictate your emotions, decide: no matter what comes, I choose joy. This doesn't deny pain or difficulty. You may have tears in your eyes, but you still choose joy. You may have unanswered questions, but you still choose joy. You may be standing in a storm, but you still choose joy. Start your day with gratitude before scrolling your phone. Guard your inputs—certain voices steal your joy through negativity, drama, and comparison. Set boundaries even with people you love to protect the joy God gave you. Draw a line in the sand today: no longer will circumstances control your joy.

Reflection Question: What daily practice will I implement to protect and cultivate joy in my life?

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Weekly Challenge: Each morning this week, before checking your phone, speak aloud three things you're grateful for and declare: "Today, I choose joy."