

DAY 1

When You Finally Ask for Help

SCRIPTURE READING

Luke 8:40–42

"Now when Jesus returned, a crowd welcomed him, for they were all expecting him. Then a man named Jairus, a synagogue leader, came and fell at Jesus' feet, pleading with him to come to his house because his only daughter, a girl of about twelve, was dying."

DEVOTIONAL REFLECTION

Asking for help is rarely our first instinct.

Most of us would rather solve the problem ourselves. We pride ourselves on being independent, capable, and resilient. We tell ourselves, *"I'll figure it out."* We work harder, think longer, and carry more than we were ever meant to carry. Even in our relationship with God, it's easy to treat prayer as a last resort instead of our first response.

Jairus reminds us that there comes a moment when self-reliance runs out.

Luke tells us Jairus was a synagogue leader—a respected man in the community. He wasn't someone who typically begged for help. People looked to him for answers. Yet when his twelve-year-old daughter was dying, none of his position, influence, or reputation could change the situation. So he did something remarkable.

He fell at the feet of Jesus.

That wasn't just an act of desperation; it was an act of humility.

The greatest obstacle between us and God's help is often our own pride. Pride convinces us we should be able to handle it. Pride whispers that asking for help is weakness. Pride tells us that needing others somehow makes us less capable.

But the gospel tells a different story.

God has never asked us to carry life alone. In fact, one of the greatest acts of faith is admitting we cannot.

Notice what Jesus doesn't do. He doesn't shame Jairus for waiting until things became desperate. He doesn't lecture him for trying everything else first. He doesn't question whether his faith is sincere enough.

Jesus simply begins walking toward his need.

That's the heart of our Savior.

He isn't looking for polished prayers or perfect people. He's looking for honest hearts willing to come to Him.

Maybe you've been carrying something that feels too heavy. A strained relationship. A financial burden. Anxiety that keeps you awake at night. A child you're praying for. A decision you don't know how to make.

Perhaps today Jesus is inviting you to do what Jairus did.

Lay down your pride.

Come honestly.

Ask for help.

You don't have to have all the answers before you come to Him. You simply have to come.

The beautiful truth of this story is that the moment Jairus humbled himself, Jesus started moving in his direction.

And He still does.

PRAYER

Father,

Thank You for welcoming me just as You welcomed Jairus. Forgive me for the times I've relied more on my own strength than on Yours. Give me the humility to admit where I need help and the faith to believe You care about every detail of my life. Teach me to come to You first instead of only after I've exhausted every other option. I trust that You are already moving toward me, even when I cannot yet see it.

Amen.

TODAY'S PRACTICE

Take five quiet minutes today and answer this question in a journal:

"Jesus, where do I need Your help right now?"

Write whatever comes to mind without editing yourself.

Then simply pray,

"Jesus, I'm bringing this to You."

Don't rush to solve it.

Practice leaving it at His feet.

DAY 2

The Pride We Don't Notice

SCRIPTURE READING

Luke 8:40–42; 1 Peter 5:6

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time."

DEVOTIONAL REFLECTION

When you hear the word **pride**, what comes to mind?

Maybe you picture someone who is arrogant, self-centered, or convinced they have all the answers. But pride is often much quieter than that.

Sometimes pride sounds like this:

"I don't want to bother anyone."

"I should be able to handle this myself."

"If people knew what I was really struggling with, they'd think less of me."

"I'll pray about it if it gets worse."

Those thoughts don't feel proud. In fact, they can sound responsible or even humble. But underneath them is a subtle belief that we are supposed to carry what only God was meant to carry.

Jairus had every reason to protect his reputation. As a synagogue leader, he was respected in the community. Falling at Jesus' feet in front of a crowd wasn't a dignified act. It was vulnerable. It was costly. Yet in that moment, Jairus cared more about reaching Jesus than preserving his image.

Humility always costs us something.

It costs us our appearance of having it all together.

It costs us our illusion of control.

It costs us our self-sufficiency.

But humility also opens the door for God to work in ways pride never can.

Peter writes, *"Humble yourselves...that He may lift you up in due time."* Notice who does the lifting.

God does.

Our job is not to elevate ourselves. It isn't to prove ourselves, defend ourselves, or convince everyone that we're strong enough.

Our job is simply to come honestly before Him.

That's one of the beautiful truths of the Christian life: God isn't looking for impressive people. He's looking for surrendered people.

The world tells us to hide our weaknesses.

Jesus invites us to bring them into the light.

The world tells us to project confidence.

Jesus calls us to trust.

The world says strength means needing no one.
Jesus says true strength begins with dependence on Him.
Maybe the greatest act of humility today isn't saying the perfect prayer.
Maybe it's simply admitting,
"Lord, I can't do this without You."
Those aren't words of defeat.
They're the beginning of faith.

PRAYER

Father,
Forgive me for the ways pride hides beneath my independence. Thank You that I don't have to pretend with You. Teach me to lay down my need to appear strong and to trust that Your strength is enough. Give me the courage to humble myself before You, knowing that You are faithful to lift up those who place their hope in You.
In Jesus' name,
Amen.

TODAY'S PRACTICE

Take a few minutes today to finish this sentence:

"The hardest thing for me to admit is..."

Be completely honest with God.

Then pray these simple words:

"Jesus, I'd rather have Your help than protect my pride."

DAY 3

Jesus Sees What Everyone Else Misses

SCRIPTURE READING

Luke 8:43–48

"Then Jesus asked, 'Who touched me?' ... Then the woman, seeing that she could not go unnoticed, came trembling and fell at His feet... Jesus said to her, 'Daughter, your faith has healed you. Go in peace.'"

DEVOTIONAL REFLECTION

Have you ever felt invisible?

Not physically alone, but unnoticed.

Maybe you've wondered if anyone really sees what you're carrying. You show up, smile, do what's expected, and keep moving—but inside you're exhausted, discouraged, or quietly hurting.

The woman in Luke 8 knew that feeling well.

For twelve years she had suffered from a condition that left her physically weak, ceremonially unclean, and socially isolated. She had likely learned how to live in the background. How to avoid attention. How to expect disappointment.

So when she hears Jesus is passing by, she doesn't ask Him to stop. She doesn't call out His name. She simply thinks,

"If I can just touch His cloak, maybe that will be enough."

Can you imagine the scene?

A crowd pressing in from every direction.

Jairus desperately trying to get Jesus to his dying daughter.

Everyone focused on where Jesus was going.

Yet Jesus stopped.

He asked, **"Who touched Me?"**

It wasn't because He lacked information.

It was because He wanted a relationship.

The woman wanted to receive a miracle without being noticed. Jesus wanted her to know she wasn't just another face in the crowd.

He wasn't content to heal her body while leaving her hidden.

He called her forward.

Imagine how terrifying that must have been. Luke tells us she came **trembling**. She had spent years trying not to be seen, and now every eye in the crowd was on her.

But what she expected to be a moment of embarrassment became a moment of restoration.

Jesus didn't call her "woman."

He called her **"Daughter."**

With one word, He gave her back something disease had stolen—her identity.

Before Jesus healed her body, her illness defined her.

After meeting Jesus, her relationship with Him did.
Sometimes we ask Jesus to fix our circumstances, while He wants to remind us who we are.
Your greatest need is not simply relief from your struggle.
Your greatest need is to know the One who calls you His own.
Maybe you've believed your past defines you.
Maybe you've let your anxiety, your addiction, your failure, or your diagnosis become your identity.
Jesus sees something different.
He doesn't see you as your struggle.
He sees you as someone worth stopping for.
Today, remember this:
You are never just another person in the crowd.
Jesus knows your name.
He sees your heart.
And He still stops for people.

PRAYER

Jesus,
Thank You for seeing me completely and loving me fully. Thank You that I never have to compete for Your attention or earn Your compassion. Remind me that my identity is not found in my failures, fears, or circumstances, but in Your love for me. Help me to walk in the confidence of knowing that I am fully known and deeply loved by You.
Amen.

TODAY'S PRACTICE

Spend five minutes in silence today.
Imagine yourself standing in the crowd with this woman.
Picture Jesus stopping, turning toward you, and calling you by name.
Then write down one sentence answering this question:
If Jesus looked me in the eyes today, what truth would He want me to remember about who I am?
Carry that sentence with you throughout the day.

DAY 4

When God Doesn't Hurry

SCRIPTURE READING

Luke 8:49–56

"While Jesus was still speaking, someone came from the house of Jairus, the synagogue leader. 'Your daughter is dead,' he said. 'Don't bother the teacher anymore.' Hearing this, Jesus said to Jairus, 'Don't be afraid; just believe, and she will be healed.'"

DEVOTIONAL REFLECTION

Waiting is hard.

But waiting while someone else receives the answer you've been praying for can be even harder.

Try to put yourself in Jairus' sandals.

Jesus agreed to come.

Hope was rising.

Every step toward home felt like a step toward healing.

Then...Jesus stopped.

Not because He was distracted.

Not because He forgot about Jairus.

He stopped to care for someone else.

Imagine what Jairus must have been thinking.

"Jesus...we don't have time for this."

"My daughter is dying."

"Can't this wait?"

Every minute Jesus spent speaking with the woman must have felt like an eternity.

Then the worst news imaginable arrived.

"Your daughter is dead. Don't bother the Teacher anymore."

Can you hear the finality in those words?

It's over.

It's too late.

Don't ask anymore.

Don't hope anymore.

Don't bother Jesus anymore.

Maybe you've heard those same voices.

"The opportunity is gone."

"The marriage can't be restored."

"Your child will never come back to faith."

"You've waited too long."

"Nothing is ever going to change."

The enemy loves to convince us that God's delay means God's absence.

But notice what Jesus says before He does anything else.

"Don't be afraid; just believe."

Jesus doesn't explain Himself.

He doesn't tell Jairus why He stopped.

He doesn't apologize for the delay.

He simply asks Jairus to trust Him.

That's one of the hardest invitations in the Christian life.

We usually want explanations before we offer trust.

Jesus often asks for trust before He gives explanations.

There are seasons when God's ways don't make sense.

We pray, and the answer seems delayed.

We ask, and heaven feels quiet.

We wonder why someone else received the miracle while we're still waiting.

Yet throughout Scripture we discover the same truth again and again:

God's delays are never wasted.

His timing may not match ours, but His love never changes.

One pastor said it this way:

"God's plan is good. His purposes are clear. But His program is mysterious."

We don't always understand His timing.

But we can trust His heart.

Jairus walked home with unanswered questions.

But he wasn't walking alone.

Jesus was with him.

And sometimes that's the greatest promise God gives us—not that we'll immediately understand what He's doing, but that He'll never leave us while He's doing it.

If you're in a season of waiting today, don't mistake God's silence for His absence.

He may not be in a hurry.

But He's never late.

PRAYER

Father,

Waiting is difficult, especially when I don't understand what You're doing. Forgive me for the times I've confused delay with abandonment. Teach me to trust Your heart when I can't see Your plan. Give me the faith to keep walking with You, believing that You are present even when Your timing is different from mine. Replace my fear with confidence in Your goodness.

In Jesus' name,

Amen.

TODAY'S PRACTICE

Think about one area of your life where you're still waiting on God.

Instead of asking,

"Why haven't You answered yet?"

try praying,

"Jesus, teach me to trust You while I wait."

Then spend a few quiet moments thanking Him for one way He has been faithful to you in the past. Let yesterday's faithfulness strengthen today's trust.

DAY 5

Don't Be Afraid. Just Believe.

SCRIPTURE READING

Luke 8:50–56

"Hearing this, Jesus said to Jairus, 'Don't be afraid; just believe, and she will be healed.' ... He took her by the hand and said, 'My child, get up!' Her spirit returned, and at once she stood up."

DEVOTIONAL REFLECTION

Fear has a way of becoming the loudest voice in the room.

It tells us that what we see is all there is.

It convinces us that our circumstances have the final word.

It whispers that hope is naïve and faith is unrealistic.

Jairus had every reason to believe fear.

The messenger's report was final.

His daughter had died.

The crowd believed the story was over.

Professional mourners had already arrived.

The house was filled with grief.

Everything around Jairus suggested that Jesus had come too late.

Yet Jesus spoke only six words:

"Don't be afraid; just believe."

Notice that Jesus didn't ask Jairus to understand everything.

He didn't explain why He stopped to speak with the woman.

He didn't give a timeline or reveal His plan.

He simply invited Jairus to trust Him.

Faith is not having every answer.

Faith is choosing to trust the One who does.

Too often we think faith means pretending everything is okay.

Biblical faith is something much different.

It acknowledges the pain.

It grieves the loss.

It admits the disappointment.

But it refuses to believe that circumstances have more authority than Jesus.

When Jesus entered the house, He took the little girl by the hand and said,

"My child, get up."

In an instant, death gave way to life.

The impossible became possible.

Not because Jairus had perfect faith.

Not because he never struggled with fear.
But because Jesus was present.
That may be the most encouraging part of this story.
The miracle didn't depend on the greatness of Jairus' faith.
It depended on the greatness of his Savior.
The same is true for us.
Some days your faith will feel strong.
Other days it will feel fragile.
There will be mornings when confidence comes easily and evenings when questions outweigh answers.
Jesus never says your faith has to be perfect.
He simply invites you to keep trusting Him.
Perhaps you've been waiting for an answer that hasn't come.
Maybe you've experienced disappointment that still doesn't make sense.
Maybe your story doesn't look like Jairus' story.
Even then, this passage reminds us of something bigger than one miracle.
Jesus has authority over everything that steals life and hope.
He is still present.
He is still good.
He is still worthy of our trust.
One day, because of His death and resurrection, He will make all things new.
Until then, we continue walking by faith—not because we know how every story will unfold, but because we know the One who holds every story in His hands.
So whatever you're facing today, hear the words of Jesus personally:
"Don't be afraid; just believe."
Not because your circumstances are easy.
But because your Savior is faithful.

PRAYER

Jesus,
Thank You for being faithful even when my faith feels weak. When fear begins to take over, remind me that You are greater than anything I face. Help me trust You when I don't understand Your timing or Your ways. Strengthen my heart to keep following You, believing that You are always working, even when I cannot yet see it. Teach me to rest in Your presence and to place my hope in Your promises.
Amen.

TODAY'S PRACTICE

Take a few moments today to reflect on one situation that has caused you fear or uncertainty. On a piece of paper, write two columns.

On the left, write:

What fear is telling me...

On the right, write:

What Jesus is telling me...

End by reading aloud His words from Luke 8:50:

"Don't be afraid; just believe."

Carry those words with you today, allowing them to become your prayer whenever fear begins to rise.