



# DO HARD THINGS

staying the course when you'd rather run

## Do Hard Things Week 3

### Day 1: Embracing Vulnerability

Reading: Psalm 139:1-18

Devotional: God knows us intimately, even the parts we try to hide. Like Jonah attempting to flee from God's presence, we often conceal our true selves out of fear or shame. Yet, the Psalmist reminds us that God's knowledge of us is not meant to condemn, but to comfort. His presence follows us everywhere, even to the depths of the sea.

Today, reflect on areas of your life you've been hiding from God. What would it look like to bring those into the light of His love? Remember, vulnerability with God leads to victory in our spiritual lives. He already knows everything about you and loves you completely. Take a step towards openness with Him today.

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### **Day 2: God's Pursuit of the Lost**

Reading: Luke 15:1-10

Devotional: Just as God pursued Jonah with the storm and the great fish, Jesus tells us that God actively seeks out those who are lost. He doesn't wait passively for us to return, but goes to great lengths to bring us back to Him.

Consider how God has pursued you in your own life. Have there been "storms" or "great fish" moments where God has dramatically intervened? Or perhaps His pursuit has been more subtle – a persistent whisper calling you back to Him. Thank God for His relentless love and commitment to you. If you feel far from God today, take heart in knowing that He is already on His way to find you.

### **Day 3: Finding God in the Depths**

Reading: Psalm 40:1-3

Devotional: Jonah's prayer from inside the fish reminds us that God is present even in our darkest moments. The Psalmist echoes this, describing how God lifted him from the pit of despair. Often, it's in our lowest points that we become most aware of God's presence and power.

Reflect on a time when you felt utterly hopeless or lost. How did God meet you in that place? Even if you couldn't see it at the time, how did that experience ultimately strengthen your faith? If you're in a "pit" right now, cry out to God as Jonah did. Trust that He hears you and is working, even if you can't see it yet.

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### **Day 4: The Power of Gratitude**

Reading: 1 Thessalonians 5:16-18

Devotional: Despite his dire circumstances, Jonah chose to offer a prayer of thanksgiving to God. This attitude of gratitude preceded his deliverance from the fish. Paul encourages us to give thanks in all circumstances, not just the pleasant ones.

Today, challenge yourself to find reasons to thank God, especially in difficult situations. How might cultivating gratitude change your perspective on your current challenges? Remember, thanking God isn't denying the reality of our problems, but rather acknowledging that God is greater than our circumstances.

### **Day 5: God's Mercy Triumphs**

Reading: Micah 7:18-20

Devotional: The story of Jonah powerfully illustrates that God's mercy isn't limited by our mess. Even when Jonah's repentance was imperfect, God still extended grace and gave him another chance. Micah reminds us that God delights in showing mercy and compassion.

Reflect on times when you've experienced God's mercy despite your failings. How has this shaped your understanding of God's character? Is there an area where you need to receive God's mercy today? Or perhaps someone you need to extend mercy to, following God's example? Take time to marvel at the depth of God's love and forgiveness, which always triumphs over judgment.