



5 DAY DEVOTIONAL- Upper Room Churches

Day 1: The Movement Continues

Devotional: Two thousand years ago, Jesus began a revolutionary movement—bringing God's kingdom to earth. This wasn't just a historical event; it was the start of something meant to continue through us today. When Jesus ascended to heaven, He didn't leave His followers without direction. He gave them a mission and the promise of power to fulfill it. The early believers understood something profound that we often miss: they were part of something bigger than themselves. They were continuing what Jesus started. And so are we. In Acts 1, we see the disciples waiting as Jesus instructed. They didn't rush into ministry or activism. Instead, they gathered together in prayer, creating what we might call an 'upper room' experience—a place of connection with God that would fuel everything else. Before they changed the world, they spent time in God's presence. Before they spoke, they listened. Before they acted, they waited. Today, we face a world with urgent needs and endless distractions. The temptation is to jump straight into action without first connecting with the One who empowers the movement. But like those first disciples, our effectiveness depends on our connection to

the source. What would happen if we approached our lives as continuing participants in Jesus' movement rather than isolated individuals trying to be good Christians? How might our priorities shift if we saw ourselves as carriers of the same kingdom Jesus introduced?

Bible Verse: "But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." - Acts 1:8

Reflection Question: In what specific ways might God be inviting you to participate in His kingdom movement this week, and how might prioritizing prayer change your approach to these opportunities?

Prayer: Lord, thank You for including me in Your ongoing movement. Help me to see beyond my individual life to the greater story You're writing. Give me the wisdom to begin with prayer before action, and the courage to be Your hands and feet in this world. Amen.

Day 2: The Upper Room Priority

Devotional: In our busy lives, countless things demand our attention. Work deadlines, family responsibilities, social commitments, and even church activities can fill our calendars to overflowing. None of these things are inherently wrong, but they can easily become disordered priorities that crowd out what matters most. The disciples faced similar pressures. Their world was in turmoil. Their leader had just ascended to heaven. Threats surrounded them. Yet their response reveals a profound wisdom: they retreated to the upper room to pray. This upper room wasn't just a physical location—it represented a spiritual priority. It was a deliberate choice to put connection with God above everything else. In that space, they found unity, clarity, and power. Today, we need our own upper room experiences. These aren't necessarily physical spaces (though having a dedicated prayer spot helps), but rather intentional times set aside to be with God before engaging with the world's demands. When we prioritize our upper room time, everything in our lower room—our daily activities, relationships, and responsibilities—finds its proper place and perspective. Without this priority, even good things can

become disordered and ultimately harmful. The invitation stands open to each of us: come to the upper room first. Make space for God's presence before rushing into the day's activities. Allow prayer to reorient your heart and mind around what truly matters.

Bible Verse: "They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers." - Acts 1:14

Reflection Question: What specific distractions or activities might be preventing you from prioritizing your "upper room" time with God, and what practical step could you take tomorrow to create that space?

Prayer: Father, forgive me for the times I've allowed good things to become ultimate things in my life. Help me create and protect my upper room time with You. Teach me to find my center in Your presence before facing the demands of each day. Amen.

Day 3:: The Power of Expressed Prayer

Devotional: Prayer is more than a silent, internal conversation. While those quiet moments with God are valuable, there's something transformative about expressing our prayers outwardly—speaking them aloud, writing them down, or sharing them with others. Jesus modeled this for us. In John 17, we find His longest recorded prayer—words He spoke aloud for His disciples to hear. He didn't just think His prayers; He expressed them in ways that could be received and remembered by others. When we express our prayers outwardly, several things happen. First, we clarify our own thoughts and desires. Putting words to our prayers helps us understand what we're really asking for. Second, we create a record of our conversation with God that we can return to later. And third, we invite others into our spiritual journey. One powerful way to grow in expressed prayer is to move from saying "I'll pray for you" to asking "Can I pray with you right now?" This simple shift transforms prayer from a future promise to a present reality. It brings God's presence directly into difficult situations and strengthens our connections with others. Expressed prayer isn't about performance or eloquence. It's about authenticity and presence. It's about making the invisible visible and the

private communal. As we learn to express our prayers more freely, we participate more fully in the movement Jesus started—a movement that brings heaven's realities to earth through ordinary people who pray.

Bible Verse: "After Jesus said this, he looked toward heaven and prayed: 'Father, the hour has come. Glorify your Son, that your Son may glorify you.'" - John 17:1

Reflection Question: What holds you back from praying aloud with others in the moment, and how might taking that step of faith change both your prayer life and your relationships?

Prayer: Lord, give me courage to express my prayers more openly. Help me move beyond silent thoughts to spoken words that invite others into Your presence. Remove my fear of praying imperfectly and replace it with confidence in Your perfect love. Amen.

Day 4: Words That Create Worlds

Devotional: In Genesis, God spoke the universe into existence. "Let there be light," He said, and light appeared. This pattern reveals something profound about reality: words have creative power. They don't just describe the world—they help create it. Our words matter more than we realize. They shape how we see ourselves, others, and the situations we face. They influence those around us, either building up or tearing down. In a world filled with divisive rhetoric and thoughtless comments, our words as followers of Jesus should stand out as different. Before speaking about challenging issues—political divisions, tragedies in the news, or personal conflicts—we need upper room time with God. Prayer prepares us to speak words that heal rather than wound, that unite rather than divide, that reflect heaven's perspective rather than merely human viewpoints. This doesn't mean avoiding difficult topics. Jesus addressed the hardest issues of His day. But He did so after spending time alone with the Father, ensuring His words aligned with God's heart. When we speak from a place of prayer rather than reaction, our words carry a different quality. They become less about proving points and more about pointing to truth. Less about winning arguments and more about winning

hearts. Less about our perspective and more about God's. Today, consider how your words are creating worlds around you. Are they building the kingdom Jesus started, or something else entirely?

Bible Verse: "After leaving them, he went up on a mountainside to pray." - Mark 1:35

Reflection Question: Before responding to a divisive issue today, how might you first create space to hear God's perspective, and how might that change the words you choose to use?

Prayer: Father, make me mindful of the power of my words. Before I speak, especially about difficult matters, help me pause to seek Your heart. May my words create worlds that reflect Your kingdom rather than adding to the chaos around me. Amen.

Day 5: Prayer- Our Supernatural Weapon

Devotional: We live in a world of tangible problems that often demand tangible solutions. Economic hardship requires financial resources. Physical illness needs medical treatment. Relationship conflicts call for communication skills. These practical responses matter, but they address only part of reality. Scripture reveals another dimension to our struggles. Behind many visible problems lie invisible forces—what Paul calls "principalities and powers." These spiritual realities cannot be overcome through purely physical means. They require supernatural weapons. Prayer is our primary supernatural weapon. It's not merely a religious exercise or a psychological comfort. It's a direct engagement with the power of God against forces that oppose His kingdom. When we pray, we participate in warfare that transcends what eyes can see. This doesn't mean we ignore practical solutions. Jesus both prayed for the sick and provided for the hungry. But He recognized that lasting transformation requires addressing both visible symptoms and invisible causes. As we continue the movement Jesus started, we must reclaim prayer as essential kingdom work. It's not what we do before the real work begins—it is the real work. Through prayer, we invite God's power into situations that human effort alone cannot resolve. Today, what

situation in your life or world needs more than a human solution? Bring it before God not as a last resort but as your first and most powerful response. Join the movement of those who know that on our knees, we access power that can truly change the world.

Bible Verse: "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." - Ephesians 6:12

Reflection Question: What situation are you facing that needs supernatural intervention rather than just practical solutions, and how might approaching it through prayer first change your perspective and actions?

Prayer: Lord, forgive me for relying too much on my own strength and wisdom. Teach me to see beyond the visible to the spiritual realities at work in my life and world. Help me to wield the weapon of prayer with confidence, knowing that through it, Your kingdom advances. Amen.