

FREEDOM DEVOTIONAL

TRUSTING GOD

AUTHOR

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TRUSTING GOD

MEMORY VERSE

I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to fully understand. Then you will be made complete with all the fullness of life and power that comes from God.

Ephesians 3:16-19 (NLT)

DAY 1

This week, you will explore the depth of God's abundant love. His love satisfies your soul's thirst and sets you free from anger, anxiety, depression, greed, and so much more. It stretches wide, flows deep, scales heights, and reaches into the depths of your need with endless compassion. As you begin this journey, remember: God sees you, and He loves you deeply.

PAUSE

This week, you will practice praying through Ephesians 3:16-19, which is also your memory verse. For now, find a quiet place, put your phone on silent, and focus on God's love as we pray.

God, I enter this moment of prayer by pausing. I meditate on Your truth, allowing it to transform my mind, will, and emotions. As I slowly inhale, I focus on Your goodness and faithfulness. I release the anxieties, worries, and fears that have crept into this day. Jesus, I give You everyone and everything. Holy Spirit, I set my mind on You.

Paul's prayer for the followers of Jesus is a powerful one. As you focus on these verses and commit them to memory, listen to his words:

"I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to fully understand. Then you will be made complete with all the fullness of life and power that comes from God." (Ephesians 3:16-19 NLT)

Take a moment to read or listen to this passage again. Circle any words or phrases that stand out to you. Ask the Holy Spirit to give you deeper understanding as you meditate on this scripture.

REFLECT

More than anything, Paul longed for us to know God's "complete" love. He knew that the Holy Spirit would empower us to experience this love. Without understanding and experiencing His relentless love, we may find it hard to see beauty or goodness in the world and may struggle to have hope that life will ever get better. Hopelessness leads to bondage and slavery, and we quickly turn to distractions that offer temporary relief.

Today's scripture emphasizes that we need the Holy Spirit to help us grasp "how wide, how long, how high, and how deep His love is," and to "experience the love of Christ, though it is too great to fully understand." Paul is clear: fullness of life comes from understanding and experiencing God's love. Only then do we move from bondage to real, abundant life. God's love is the foundation of the freedom we seek.

ASK

As we grow in our assurance of God's love, our hearts are freed from the things that once held us captive. Take a moment now to ask God to empower you to understand and experience His love in life-changing ways. Reflect on the following questions and write down what you hear. God may answer immediately or later, but know that He desires to connect with you.

- *God, what has held me back from believing You love me as I am today?*
- *God, what keeps me from drawing closer to You?*

YIELD

Drawing close to God takes time. It requires intentional, consistent choices to unplug from distractions and surrender our fast-paced lives to be fully present with Him. This is the spiritual discipline of slowing down.

Here are some ideas to help you practice slowing down:

- Turn off your phone for 15 minutes. Be still and present with God during that time.
- Turn off the TV and go for a walk outside. Look up at the sky, take in the wonder of creation, and thank God for what you see, hear, and feel.
- Take 5 minutes at the end of each day to write out the memory verse in your journal.
- Turn off your phone and all media one hour before bed and don't turn it on again until after your time with God in the morning.

Now, come up with your own practice:

God, I choose to stop doing...

God, with this time I will...

Holy Spirit, empower me this week to know the fullness of God's love. As I surrender my time to You, help me to experience Your love in greater measure. I yield to the power of Your love in my life. Lord, You are the only way to true freedom. In Jesus' name, Amen.

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MEMORY VERSE

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Ephesians 3:16-19 (NLT)

DAY 2

Today, you will explore God's undeniably abundant love. His love satisfies the deepest thirst of your soul, setting you free from anger, anxiety, depression, greed, and more. God's love is wide, long, high, and deep, reaching into the core of your need with inexhaustible compassion. God sees you, and He loves you.

PAUSE

You have set this time aside to be with God. Whether it's morning, evening, or mid-day, find a quiet place to slow down your racing mind. Begin this time with prayer. Perhaps it's a great opportunity to practice the "slow down" discipline you learned yesterday. Let's focus on God as we pray.

God, I am here to meet with You. I meditate on Your truth, allowing it to transform my mind, will, and emotions. As I slowly inhale, I focus on Your goodness and faithfulness. I release the anxieties, worries, and fears that have entered this day. God, remind me that You are with me at all times. Wherever I find myself, You are there. My freedom is found in You alone.

Now, slowly read the memory verse aloud. Pay attention to any words or phrases that resonate with your heart or mind.

Ephesians 3:16-19 (NLT)

"I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to fully understand. Then you will be made complete with all the fullness of life and power that comes from God."

REFLECT

Whether we are in good times or bad, we need God's unlimited strength. Yet, sometimes, our past experiences lead us to doubt God's power. But the Bible paints a beautiful picture of what God's strength looks like when we trust Him.

In Isaiah 40:31, we read:

*"But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint."*

As you wait on the Lord, remember that nothing in your life is hidden from Him. He sees every detail of your story. Like a good Father, with infinite wisdom and incomparable love, He will give you the strength you need to soar. Regardless of your past or current situation, God strengthens you for the freedom journey ahead. The invitation is simple: trust the Lord. Trust His pace. Stay in step with Him. He will shepherd you through every valley and give you the strength to climb every mountain.

ASK

Take a moment to ask God the following questions. Write down what you hear or sense in your heart.

- *God, sometimes I don't know what I need. Please help me to see, hear, and know You.*
- *God, what is the most important divine resource You want to give me?*
- *God, why is this resource important for my freedom journey?*

YIELD

God's love can be difficult to fully grasp, especially in times of anxiety or doubt. Yet, God's love remains greater and higher than anything we face. We all need a fresh awakening to His love. Remember, even when you struggle to trust Him, God is patient. He waits for you, and rejoices when you take even the smallest step toward Him. Surrender your doubts to Him, and receive His strength.

God, I choose to give you...

God, awaken within me a desire for...

Father, I acknowledge that I have often trusted in myself—my own strength, wisdom, and understanding—to overcome the past. I am sorry for believing more in my own ability than in Yours. Today, I release control into Your hands. I want to restart our relationship by taking one step of trust toward You. I confess that my worries have exhausted me and left me anxious. Today, I trust You to give me what I need. Help me to recognize Your help when it comes. In Jesus' Name, Amen.

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Ephesians 3:16-19 (NLT)

DAY 3

Today, you will discover the infinite depth of God's love. In a world where anxiety seems to reach new heights, God's love is still higher and stronger. You may need a fresh awakening to His love—a love that will quench your soul's thirst, free you from the burdens of your past, guard you in the present, and secure your future. Rest in this truth: God sees you. He profoundly cares for you.

PAUSE

Take a moment to slow down, turning your heart and mind toward God. Be mindful of the stress or distractions that have crept into your day. As you relax your shoulders and take a few deep breaths, invite God into this moment. Pray,

God, I come to meet with You. I pray that from Your glorious and unlimited resources, You will empower me with inner strength through Your Spirit. I long for Christ to make His home in my heart as I trust in Him more each day. Help my roots grow deeper into Your love, keeping me strong. Please give me the power to understand, as all Your people should, how wide, how long, how high, and how deep Your love is. I desire to experience the love of Christ, even though it is beyond comprehension. I trust that You will make me complete with all the fullness of life and power that comes from You. I dedicate this time to You—please speak, Lord, for I am listening.

(Adapted from Ephesians 3:16-19)

REFLECT

“Home” can mean a physical place or the people we feel comfortable with. In a healthy home, we are seen, cared for, and find safety. It is a place of rest, security, and encouragement—a place where we are loved.

However, homes aren’t always peaceful. Sometimes, they are chaotic and messy. In unhealthy seasons, our homes may feel insecure or unsafe. But even in these moments, God meets us where we are. In Ephesians 3:17, we read,

"Then Christ will make His home in your hearts as you trust in Him."

When Christ dwells within us, we may be joyfully aware of His presence, or we may feel exposed as He sees into the messiness of our lives. Yet, Jesus lovingly walks into our mess. He doesn’t turn away—instead, He makes Himself at home and begins to clean and heal.

As we trust Jesus, healing happens in tender and unexpected ways. What once seemed hopeless becomes manageable because Jesus has moved in—and He brings healing with Him!

ASK

Take a walk around your neighborhood. As you walk, notice the life around you. Do you see children playing? Smell food cooking? Maybe you pass a house being remodeled, or notice the scent of freshly cut grass. These are signs that people live inside these homes. Similarly, there are signs in our lives that indicate who dwells in our hearts. Ask Jesus:

- *What are the signs in my life that show You are at home in me?*
- *Are there areas in my life that need to be repaired, renewed, redeemed, or restored?*

Take a few moments to listen to what the Holy Spirit is saying. Write down what you hear or sense.

YIELD

God desires to lovingly empower you with all you need for true freedom. Sometimes, there may be barriers—things you’ve held onto that block your relationship with Jesus. But Jesus leaves the choice in your hands. Will you trust Him enough to lay down the things that have been holding you back?

God, I realize I am powerless to overcome...

God, awaken within me new faith to trust You with...

God, my next step toward freedom is...

Remember, God does not deal in shame. Each step you take toward Him removes you further from guilt and shame.

Father, thank You for Your mercy and grace over every detail of my life. As I think about the areas that need healing, I sometimes feel overwhelmed with shame and guilt. But, Jesus, I know You see everything—yet You still love me. I confess that I don’t fully understand how to open myself to this kind of love, let alone receive it. Holy Spirit, help me to be as at home with Jesus as He is with me. Jesus, please release me from the grip of shame and replace it with Your love and grace. I draw close to You, and I invite You to make my heart Your home. Holy Spirit, I dedicate my mind, my heart, and my life to You. In Your redeeming love, I believe and pray. In Jesus’ Name, Amen.

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MEMORY VERSE

I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to fully understand. Then you will be made complete with all the fullness of life and power that comes from God.

Ephesians 3:16-19 (NLT)

DAY 4

You've probably heard the phrase, "I think it's time I put down some roots." This expression refers to settling down in a place or building long-term relationships. It means creating stability, consistency, and a sense of belonging.

Today, the question is: Are you putting down roots in God's love? When you do, your relationship with God will nourish you with truth and grace. The fertile soil of His love will produce fruit that is not only good for your freedom but brings glory to God.

PAUSE

We all need to slow down and make time to talk with God. You can't develop a deep relationship through rushed, one-sentence conversations. In the same way, your relationship with God needs intentional time. As it deepens, so will your freedom in Christ. Find a quiet space and prepare your heart by praying through Paul's prayer, which is your memory verse this week:

Father, I come to meet with You. I meditate on Your truth and ask that it transforms my mind, will, and emotions. I pray from Your glorious, unlimited resources that You empower me with inner strength through Your Spirit. I long for Christ to make His home in my heart as I trust Him more each day. Let my roots grow down into Your love and keep me strong. Grant me the power to understand, as all Your people should, how wide, how long, how high, and how deep Your love is. I desire to experience Your love, even though it surpasses all understanding. I trust that through Your love, I will be made complete with all the fullness of life and power that comes from You. Amen.

(Adapted from Ephesians 3:16-19)

REFLECT

When we abide in Christ, our spiritual and emotional roots grow deep into the rich soil of His love, grace, and freedom. With our focus on Christ, our roots take hold, and we hear His voice speak to our souls. From there, we begin to see the fruit of abundant life blossom within us.

Jeremiah 17:7-8 gives us a beautiful picture of what happens when we trust God and put down roots in Him.

"But blessed is the one who trusts in the Lord, whose confidence is in Him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

This passage shows that when we trust in the Lord, we are like trees planted by water, always refreshed and never lacking. Notice that as we trust God, He blesses us, keeping us fruitful even through droughts or difficult times. Trust is the foundation for the fruitful life God desires for us.

ASK

A major barrier to experiencing freedom is a lack of trust. Trust can be fragile—it is hard to build and easy to lose. But trust is vital to our relationship with God.

So ask yourself: Do I truly trust God? Am I confident in His goodness and care?

This is a vulnerable and important question, and you may not have an answer right away. Take time to pour your heart out to God in prayer. Write down your thoughts in a journal, and ask the Holy Spirit to reveal the areas in your life where you may struggle to trust God fully.

Here are some questions to guide your time with God:

- *God, do I trust You? Show me where I trust You and where I struggle to do so. Are there areas in my life that need to be repaired, renewed, redeemed, or restored?*
- *Holy Spirit, reveal the areas of my life where I have placed my confidence in something or someone other than You.*

YIELD

Admitting that you have places in your heart where you struggle to trust God can feel scary, but remember—God already knows. And still, He loves you deeply. He is patient and willing to lead you out of your doubts and into deeper trust.

Take time now to confess where you have struggled:

Father, Son, and Holy Spirit, I confess that I am fearful. I confess that I have not trusted You with _____ (fill in the blank). I realize that I have held onto suspicion and self-reliance instead of trusting in Your care.

Next, release those burdens to God:

Father, with Your help, I release _____ (fill in what you've been holding onto) into Your hands. Forgive me for holding onto things that have kept me from fully trusting You. I admit I am afraid, but I choose to lay down my fears and suspicions and step into trusting You. Please forgive me for withholding parts of myself from You. Fill my thirsty soul with Your love. In Jesus' name, Amen.

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MEMORY VERSE

I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to fully understand. Then you will be made complete with all the fullness of life and power that comes from God.

Ephesians 3:16-19 (NLT)

DAY 5

Today, you will discover how God's love counters fear. This is an opportunity to explore the infinite depth of His love. Remember, God's love is so overwhelming that you need His power to grasp, understand, and receive it. Be prepared—the enemy does not want you to know this love. Once you truly taste and see it, your life will never be the same.

PAUSE

Silence your phone and find a quiet space where you can focus on God's love as you enter this time of prayer.

God, I pause to meditate on Your truth, allowing it to permeate my mind, will, and emotions. I focus on Your goodness and faithfulness as I release any anxieties, worries, and fears that have entered my day. Jesus, I give you everyone and everything.

I pray that from Your glorious, unlimited resources, You will empower me with inner strength through Your Spirit. I long for Christ to make His home in my heart as I trust in Him more each day. Help my roots to grow deep into Your love and keep me strong. Grant me the power to understand, as all Your people should, how wide, how long, how high, and how deep Your love is. I long to experience Your love, Jesus, even though it is too great to fully comprehend. I trust that I will be made complete with all the fullness of life and power that comes from You. No matter where I find myself, I know You are always with me. I have freedom only in You, God.

(Adapted from Ephesians 3:16-19)

REFLECT

We are finite beings living in a finite world with limited resources, making it hard to imagine the vastness of God's infinite love. Sometimes, a voice within us says, "I have to be good to be liked. I need to be handsome, funny, strong, pretty, smart, and perfect to be loved."

But remember: God's love is not based on our performance. God IS LOVE. His love reaches the ends of the galaxy and back. He loves you so deeply that He gave His Son, who died to set you free. This truth is profound and should never be taken lightly. You cannot run from His presence or His love. He is the Good Father, wholly committed to saving us.

In John 15:13, we read,

"No one has greater love [nor stronger commitment] than to lay down his own life for his friends."

When we embrace this truth, God's holy love counters any fear the enemy attempts to instill in us.

ASK

Following the path to fear often uncovers toxic beliefs about God. For instance, fearing job loss might lead to the belief that God will not provide or that He doesn't see or care about you. These beliefs can stem from fear and result in various negative outcomes.

Ask the Holy Spirit:

Would You empower me to understand what stands in the way of my freedom and my ability to enjoy Your love for me? Reveal what I am anxious or worried about. Show me how fear has kept me stuck.

Take a moment to write down what you hear the Holy Spirit saying. Even if it feels strange, trust that the Lord wants to reveal something significant. Once you've journaled your thoughts, ask: *God, why is this revelation important? How are these fears impacting my relationship with You and my understanding of who You are?" Write down what you sense or hear.*

Spend a few minutes confessing to God what you have been believing. Be open and honest about the thoughts you have entertained in your heart.

God, I confess that I have believed...

Please forgive me.

YIELD

God desires to lavish His love upon you as you release your grip on fear. Yielding to receive abundant life is a lifelong journey with Christ. Today, as you surrender, open your hands and heart to receive as you pray.

God, I submit my fears to You. For every fear I face, replace it with Your love that is wider, deeper, higher, and broader than any love I have known. I give You my heart, Father, and ask that as You pour in Your love, I will release the fear that has held me in bondage. Father, I release this fear to You. I give You everything and everyone. Jesus, I love You deeply. Help me to understand and receive Your love. Holy Spirit, I consecrate and dedicate my mind to understanding Your love more each day.” In the beautiful and powerful name of Jesus, I pray, Amen.

TRUSTING GOD

MEMORY VERSE

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Ephesians 3:16-19 (NLT)

DAY 6

Yesterday, you explored the need for power to understand God's infinite love. Today, we shift our focus to experiencing that love. Often, our experiences build upon our understanding. You might read about Niagara Falls—knowing the specifics of its flow, width, and speed—but to truly understand it, you must experience it. The roar of the water, the feel of the mist, and the breathtaking view from one side to the other all deepen your knowledge beyond mere facts. Now is the perfect time for your heart, mind, and soul to awaken to God's love.

PAUSE

As you set your phone to silent, find a quiet place to focus and rest in God's love.

God, I enter prayer by pausing to meditate on Your truth, allowing it to flow through my heart, soul, and mind. I focus on Your goodness and faithfulness as I release the anxieties, worries, and fears that have entered my day. Jesus, I give You everyone and everything. I pray that from Your glorious, unlimited resources, You will empower me with inner strength through Your Spirit. I long for Christ to make His home in my heart as I trust in Him more each day. Help my roots grow deep into Your love and keep me strong. Give me the power to understand, as all Your people should, how wide, how long, how high, and how deep Your love is. I long to experience Your love, Jesus, even though it is too great to fully comprehend. I trust that I will be made complete with all the fullness of life and power that comes from You. No matter where I find myself, You are always with me. I find freedom only in You, God. (Adapted from Ephesians 3:16-19)

REFLECT

Do you find it challenging to experience Christ's love? If so, you are not alone. After all, how do you experience someone who lived over 2,000 years ago, let alone their love for you? Listen to Ephesians 3:19 in the Amplified version:

“That you may really come to know practically, through experience for yourselves the love of Christ, which far surpasses mere knowledge without experience.”

This knowing is not just intellectual; it is experiential. Experiencing Jesus' love creates a dynamic heart change that others may question, but you cannot deny. From that moment on, you are different. People will notice and say, “I don't know what has happened to you, but you are different.”

In John 15:9-10, Jesus shares more about His love.

“I have loved you, just as the Father has loved Me; abide in My love, continue in His love. If you keep My commandments [if you continue to obey My instructions], you will abide in My love and live on in it, just as I have obeyed My Father's commandments and live on in His love.”

True love prioritizes the desires of the other person over our own wants. Jesus fully obeyed the Father.

ASK

If you are not experiencing God's love, there may be areas in your life where you are not following Jesus' commands. Remember, Jesus' love for you is not contingent upon your obedience; He loves you unconditionally. However, if you are not experiencing His love, disobedience could be obstructing that connection. God, who knows you completely, will illuminate whatever stands in the way of His love. Our response is to invite Him to search our hearts, awakening us to His unwavering love.

Ask God the following questions and write down what you hear:

- *Holy Spirit, please search my heart. Show me the areas in my life where I am believing a lie.*
- *Holy Spirit, reveal how that toxic belief is hindering me from experiencing your love.*

YIELD

Jesus, I confess that I have clung to beliefs connected to disobedience to Your commands.

I have believed...

This lie is not who You are, Jesus. You love me. Your love is unconditional, eternal, and infinitely good. I choose to believe and trust in Your love for me. I choose You, Jesus. You truly love me. I trust You. I receive Your love today, and I dwell in Your love. In Your beautiful name, Jesus, I pray, Amen.

You may feel anger, suspicion, or rejection, to name a few emotions. If you do, God invites you to discover the moments when these feelings turned into doubts, confusion, and possible lies you believe about yourself or Him. True freedom isn't about denying the hurt; it is built on the truth that God wants you to embrace in the midst of pain. Lasting freedom is awakened and sustained only by His power and in His presence.

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MEMORY VERSE

I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to fully understand. Then you will be made complete with all the fullness of life and power that comes from God.

Ephesians 3:16-19 (NLT)

DAY 7

Today, we focus on the last sentence of Ephesians 3:16-19. Although it doesn't explicitly mention freedom, it speaks to the heart of God's love—His motivation for everything. This love is the foundation on which your freedom is built. Take time to experience Sabbath rest today, leaning into God's love in a deeper way.

PAUSE

Find a quiet place where you can focus on God's love. Imagine what it looks like to be fully integrated into the gift of abundant life God offers.

God, I come to You now, letting Your truth settle in my heart, soul, and mind. I pause to reflect on Your faithful love and release my anxieties, worries, and fears from today. Jesus, I surrender everyone and everything to You. I ask, from Your glorious, unlimited resources, that You empower me with inner strength through Your Spirit. I desire for Christ to make His home in my heart as I trust Him more deeply. Let my roots grow down into Your love, keeping me strong.

Grant me the power to understand, as all Your people should, how wide, how long, how high, and how deep Your love is. I long to experience Your love, Jesus, even though it surpasses understanding. I trust that You will make me complete, filling me with life and power that comes from You. No matter where I find myself, You are always with me. I find my freedom in You alone, God. Amen.

(Adapted from Ephesians 3:16-19)

REFLECT

The enemy does not want you to experience the life that Jesus promises. He doesn't want you to know the power of God's love, which brings true freedom. He is completely opposed to the abundant life Christ has given you to enjoy.

In John 10:10, Jesus says:

"The thief comes only to steal, kill, and destroy. I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows]."

It's sometimes hard to envision an abundant life. But the Apostle Paul was confident that once you experience the love of Christ, you will be complete with the fullness of life and power from God. Jesus came to set captives free. There is only one path to freedom—it is through Jesus, who paid the ultimate price with His life.

ASK

Resting in this truth means receiving and trusting all that Jesus has done for you. Sabbath rest is about dedicating time to thank God for all He has provided.

- *Jesus, show me how to rest in Your love.*

YIELD

Jesus, today I ask You to continue speaking to me, showing me Your love and the abundant life You deeply desire to give me. I thank You in advance and trust You to guide me into freedom. Please take my hand and lead me on the right path to fullness of life. I confess and repent for the times I have not trusted You. Please forgive me.

Jesus, I love You. I receive Your love. In Your matchless and beautiful name, I pray. Amen.