

# DEVO FOR DUOS



## 6-Day Devotional

Each day, take time to meditate on the Scripture, reflect on the questions, & practice the exercises provided. Let God lead you in building stronger connections and growing together in faith.

### Day 1: The Power of Partnership

**Scripture:** Ecclesiastes 4:9-10

**Reflection:** Solomon emphasizes the strength that comes from community. Life is not meant to be lived in isolation; there is both wisdom and safety in walking alongside others. While we often attempt to navigate our spiritual journeys alone, it is important to remember that God has designed us to need one another. Accountability is not a sign of weakness. It is a form of strength. Who do you rely on to lift you up when you stumble?

#### Reflection Questions:

- Who do you trust to pick you up when you fall?
- In what area of life do you tend to isolate yourself?

**Practice:** Reach out to a trusted friend, mentor, or fellow believer and schedule a 15-minute call or coffee meet-up this week. Ask how you can pray for them and invite them to ask the same of you. Write down what they share.

### Day 2: Strength in the Struggle

**Scripture:** Ecclesiastes 4:11-12

**Reflection:** Strength lies in numbers. Community provides us with a powerful defense in spiritual battles. The concept of the "third strand" symbolizes God's presence within the unity of believers. Are you facing a challenge alone? Remember, the people of God are stronger together. Inviting others into your spiritual journey is essential for resisting feelings of being overwhelmed.

#### Reflection Questions:

- What battle are you currently fighting alone?
- What would it look like to invite others into that space?

**Practice:** Write down one spiritual struggle or burden you've been carrying alone. Then write the name of someone who could walk with you in prayer or accountability. Before the end of the day, send them a message asking for support and inviting them into your fight.

### Day 3: Hold Fast Together

**Scripture:** Hebrews 10:23-24

**Reflection:** Christian hope thrives best in community. We are called not only to hold onto hope for ourselves but to actively encourage one another toward godliness. Your responsibility extends beyond your own spiritual journey; you also play a vital role in uplifting others in theirs. Who are you inspiring along the way?

#### Reflection Questions:

- Who has God placed in your life for you to encourage?
- How can you help someone grow in love and good deeds this week?

**Practice:** Choose one person you know who is striving to grow in faith. Write them a handwritten note or record a 30-second voice message telling them how you see God working in them. Encourage them to press on—and let them know you're cheering them on.

## Day 4: The Danger of Forgetfulness

**Scripture:** James 1:23-24

**Reflection:** Without accountability or proactive action, God's Word serves merely as a fleeting glimpse rather than a catalyst for transformation. Spiritual forgetfulness is all too common, which is why we benefit from reminders, repetition, and the support of others to help us remain focused on obedience.

### Reflection Questions:

- When have you seen God speak clearly but forgotten to respond?
- What reminders do you need to obey God's Word more consistently?

**Practice:** Choose one verse or truth from today's Scripture that challenges you. Write it on a card, set it as your phone lock screen, or put it on your bathroom mirror. Every time you see it today, pause and ask: *"Am I living this?" End the day journaling one way you obeyed.*

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## Day 5: Stirring Up One Another

**Scripture:** Hebrews 10:25

**Reflection:** The early church already struggled with isolation. God's command is clear: don't neglect gathering. Fellowship protects, strengthens, and prepares us for Christ's return. Community isn't optional, it's essential. Isolation weakens us, but gathering in Christ builds us up.

### Reflection Questions:

- Are you tempted to pull away from Christian community? Why?
- How can you be more intentional about showing up and encouraging others?

**Practice:** Make a concrete plan to engage more deeply in your local church this week. That could mean RSVPing to an event, joining a Bible study, volunteering, or inviting someone to sit with you at church. Don't just attend, *engage*.

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## Day 6: Applying S.O.A.P. with Accountability

**Scripture:** James 1:22

**Reflection:** Hearing the Word is merely the beginning of our spiritual journey. We must engage in both reflection and response. The S.O.A.P. method (Scripture, Observation, Application, and Prayer) serves not only as a technique but as a vital discipline that promotes transformation through daily connection with God. This method's effectiveness is amplified when we share our experiences with others.

### Reflection Questions:

- What is one truth you've learned this week that you need to obey?
- Who can you share the S.O.A.P. method with?

**Practice:** Text 1–2 friends and invite them to try S.O.A.P. with you for the next week. Choose a short passage (e.g., Philippians 1) and commit to sharing your S.O.A.P. reflections daily or weekly. Begin tomorrow—and hold each other to it.

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**We pray this has been an encouragement to you. We'd love to hear how it's impacted you or how we can pray for you!**