

Overstimulated & Under-Aligned

5-Day Devotional - 1.4.26

Day 1

The One Thing Needed

Reading: Luke 10:38-42

Devotional:

Martha's busyness wasn't wrong—she was serving Jesus. Yet Jesus gently redirected her attention to what mattered most: His presence. In our overstimulated world, we face Martha's dilemma daily. We serve, work, and hustle, believing productivity equals faithfulness. But Jesus calls us to sit at His feet first. Mary chose presence over performance, and Jesus declared it wouldn't be taken from her. Today, ask yourself: Am I so busy serving Jesus that I've forgotten to be with Jesus? The abundant life flows from intimacy, not activity. Before your to-do list, choose the one thing—time in His presence.

Reflection:

What "good things" are keeping you from the "best thing"—time with Jesus?

Day 2

Strategic No's for Kingdom Yes's

Reading: Mark 1:29-39

Devotional:

Jesus walked away from revival. People were being healed, demons cast out, and crowds gathered—yet He said no to return, choosing instead to pray and move to other towns. This wasn't rejection; it was protection of His mission. Every yes costs us time, energy, and focus. Jesus shows us that saying no to good things protects our yes to God's best things. What drains you that Jesus never demanded? What are you carrying that God never assigned? This year, don't just ask God to bless your plans—ask Him for courage to cancel what He never authored. Alignment with God's will requires boundaries.

Reflection:

What one thing do you need to say no to in order to protect your yes to God?

Day 3

Seek First His Kingdom

Reading: Matthew 6:25-34

Devotional:

"Seek first His kingdom" implies order. First means something comes after. Jesus isn't asking you to do more; He's asking you to prioritize differently. When we seek His kingdom first, everything else falls into proper alignment. We live in chaos not because we lack resources, but because we lack order. The world screams for your attention—more hustle, more grind, more achievement. But Jesus calmly calls: "Come to me, all who are weary." A full calendar doesn't equal a fulfilled life. Abundant life isn't found in busyness but in obedience to the One who orders our steps. What would change if you truly put Jesus first today?

Reflection:

Where have you allowed the "urgent" to crowd out the "important" relationship with God?

Day 4

Rest as Resistance

Reading: Exodus 20:8-11

Devotional:

God commanded Sabbath rest, yet we treat it as optional. In a culture that glorifies exhaustion, rest becomes an act of faith. Jesus modeled this—rising early to pray, withdrawing from crowds, and keeping the Sabbath. He was never hurried, never distracted, never pulled off mission despite constant need surrounding Him. Busyness isn't a fruit of the Spirit. When we refuse rest, we declare ourselves more essential than we are. Sabbath rest says, "God is God, and I am not." It's trusting that the world won't fall apart without your constant effort. This year, protect your rest. It's not laziness—it's alignment with God's design for your soul.

Reflection:

How can you build intentional rest into your rhythm this week?

Day 5

Alignment Over Activity

Reading: John 10:10

Devotional:

Jesus came to give abundant life—not a crowded one. Abundance flows from alignment, not accumulation. Like a car out of alignment, we can still move forward when our lives are misaligned with God's purposes, but the journey is harder, shakier, and wears us down. Jesus is calling you to realignment—to center your life on Him so everything else finds its proper place. This doesn't mean doing less; it means doing what matters. Intentional obedience, not frantic activity. Relationships over religion. Presence over performance. As you begin this year, let Jesus recalibrate your priorities. Choose Him first, and watch everything else fall into divine order.

Reflection:

What would your life look like if it was fully aligned with God's purposes for you?