

QFMC 5 Day Devotional

Week of October 26, 2025 by Andrew Royer

Day 1: Making Space for God's Voice

Reading: Romans 12:1-2

Devotional: Paul pleads with us to offer our bodies as living sacrifices—not dead offerings, but vibrant, breathing acts of worship. This isn't about trying harder; it's about being transformed by changing the way we think. In our fast-paced world filled with noise and constant input, we rush from task to task, never pausing long enough for God to speak. Transformation requires intentional stillness. Today, consider what fills your mind and schedule. Are you leaving room for God to reshape your thinking? The enemy loves to keep us busy and distracted, content with shallow formation rather than deep transformation. Christ being formed in us begins when we slow down enough to hear His voice. Make space today—even five quiet minutes—to simply be with Jesus and let Him begin His transforming work.

Reflection Question: What would it look like to create regular space in your life for God to speak?

Day 2: The Power of Sabbath Rest

Reading: Mark 6:30-32

Devotional: Jesus models something countercultural: intentional rest. After sending out the disciples to minister, He calls them to "come away by yourselves to a desolate place and rest a while." Sabbath isn't a reward for the productive or a luxury for when life calms down. It's a declaration that we are not God, and the world doesn't depend on us holding it together. When we view Sabbath as optional, we miss the soil where spiritual formation takes root. We weren't created to white-knuckle our way through life. Any doing on our part will only be as deep as our being in Jesus. Without rest, without reflection, we might look busy for Him, but we'll miss being with Him. Sabbath creates space for the deep work that can't happen at full speed. It's where Christ is formed in us, not through striving, but through surrender.

Reflection Question: What keeps you from practicing regular Sabbath rest, and what would it take to overcome that obstacle?

Day 3: Stripping Away the Old Nature

Reading: Colossians 3:8-11

Devotional: Paul gets specific: get rid of anger, rage, malicious behavior, slander, dirty language, and lying. No excuses. No "but my situation is different." It's time to grow up and strip off the old sinful nature. This isn't about behavior modification—it's about identity transformation. We're being renewed as we learn to know our Creator and become like Him. In this new life, our old labels and divisions don't matter. Christ is all that matters, and He lives in all of us. The Spirit is actively stripping away what doesn't belong and forming us to look more and more like Jesus. This isn't overnight change; it's daily renewal and growth, sometimes slow and painful. Often we can't see it happening in real time until we look back and don't recognize who we used to be. That's transformation—Christ being formed in us from the inside out.

Reflection Question: What "old nature" behavior is the Spirit prompting you to strip away?

Day 4: Living Worthy of Your Calling

Reading: Ephesians 4:1-3

Devotional: "You have been called by God." Let that truth sink deep into your soul. You are His beloved. Called. Chosen. And because of this calling, Paul begs us to live worthy of it—with humility, gentleness, patience, and love. Notice how transformation shows up not just in private moments with God, but in our relationships and interactions. The more Christ is formed in us, the more we reflect His character to others. The evidence of formation isn't just in what we know; it's in how we love. We're called to make allowance for each other's faults and make every effort to keep ourselves united in the Spirit. This is countercultural. It requires supernatural grace. But this is what disciples do—we reflect the goodness of Jesus in our everyday interactions, treating others with the same patience and love Christ has shown us.

Reflection Question: In which relationship is God calling you to show more humility, gentleness, or patience?

Day 5: From Death to New Life

Reading: 2 Corinthians 5:17

Devotional: Baptism powerfully pictures what Paul declares: "If anyone is in Christ, the new creation has come: The old has gone, the new is here!" Transformation isn't just an idea—it's a reality that takes shape in real people and real lives. Like Molly's testimony reminds us, God sees our good roots even when sin has infected our tree. He doesn't give up on us. He fills us

with hunger to find Him again and sends us back with purpose. When we die to self and surrender fully to Jesus, He washes us clean and gives us a fresh start. We become the royal children of God He created us to be. This is the gospel: we were dead, but now we're alive in Christ. Our old life is gone. Our new life is hidden in Him. Let this truth remind you of what God has done and is still doing in you.

Reflection Question: How has God transformed you, and how can you testify to His transforming work in your life?