

# RAD- IANCE

A Christian Devotional for  
the Days You Need to Slow  
Down and Realign

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# CONTENTS

## **WEEK 01. EMBRACING YOUR UNIQUE DESIGN**

Day 1: Trusting in God’s Navigation .....	7
Day 2: Unveiling Your Masterpiece .....	9
Day 3: Drawing Strength in the Waiting .....	11
Day 4: Finding Purpose in the Process .....	13
Day 5: Celebrating Diversity in Unity .....	15
WEEKEND REFLECTION .....	17

## **WEEK 02. NURTURING SPIRITUAL GROWTH**

Day 1: The Call to Grow .....	21
Day 2: Rooted in the Word.....	23
Day 3: Spirit-Led Growth .....	25
Day 4: Growth Through Trials .....	27
Day 5: Lifelong Learning .....	29
WEEKEND REFLECTION .....	31

## **WEEK 03. BUILDING AUTHENTIC RELATIONSHIPS**

Day 1: Foundations of Friendship.....	35
Day 2: Love that Transforms.....	37
Day 3: Bridging Differences .....	39
Day 4: Trust and Restoration .....	41
Day 5: The Power of Fellowship .....	43
WEEKEND REFLECTION .....	46

## **WEEK 04. SUSTAINING YOUR DIRECTION**

Day 1: Rooted in Faith.....	50
Day 2: Eyes Fixed on Jesus.....	53

Day 3: Perseverance in Trials.....	56
Day 4: The Word as Our Anchor .....	58
Day 5: The Power of Spiritual Friendships .....	60
WEEKEND REFLECTION .....	62

## **WEEK 05. CULTIVATING RESILIENCE**

Day 1: The Beauty of Perseverance.....	66
Day 2: Renewed Strength .....	69
Day 3: Pressed But Not Crushed .....	71
Day 4: Anchored in Hope.....	73
Day 5: The Power of Prayer.....	75
WEEKEND REFLECTION .....	77

## **WEEK 06. NAVIGATING LIFE'S STORMS**

Day 1: Joy in Trials .....	80
Day 2: God's Proximity in Pain .....	82
Day 3: Walking Through Waters.....	84
Day 4: The Refiner's Fire .....	86
Day 5: Unshakable Hope in God .....	88
CLOSING THOUGHTS .....	90



WEEK

**01**

**EMBRACING  
YOUR UNIQUE  
DESIGN**

## THIS WEEK'S INVITATION

Welcome to the first week of Rad-iance, where we create space to slow down and rediscover the beautiful artwork of God's design within each of us. This week, we'll pause the noise and busy-ness of life to realign with the truth of who God made us to be. In these moments of intentional stillness, we'll reconnect with our God-given identity, purpose, and strength.

## SCRIPTURE TO CENTER ON

### **Jeremiah 29:11**

*For I know the plans and thoughts that I have for you,' says the Lord, 'plans for peace and well-being and not for disaster, to give you a future and a hope.*

### **Psalm 139:14**

*I will give thanks and praise to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well.*

### **Galatians 5:22**

*But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness,*

### **Psalm 46:10 - AMP**

*Be still and know (recognize, understand) that I am God. I will be exalted among the nations! I will be exalted in the earth.*

## REALIGNMENT FOCUS

Taking time to reconnect with who God says you are when the world's voices have become too loud

# DAY 1

## TRUSTING IN GOD'S NAVIGATION

### **Proverbs 3:5-6**

*Trust in and rely confidently on the Lord with all your heart and do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, And He will make your paths straight and smooth [removing obstacles that block your way].*

### **REFLECT**

As I reflect on my journey of faith, I can't help but chuckle at the times when I've encountered new acquaintances who confidently proclaimed, "trust me," before sharing their insights. Trust isn't a word to be thrown around lightly; it's a deep-seated conviction that requires accompanying actions.

My trust in God has been nurtured through His consistent love and affirmation, echoed in the words of scripture that remind me of my identity as His beloved. Perhaps you, too, have experienced the sweetness of hearing God call you His own, planting seeds of trust in your heart.

He remains steadfast in His promises, providing a steady compass for navigating life's twists and turns. Today, we're invited to release our grip on the steering wheel of life and trust in God's expert navigation. His plans far exceed our limited perspective, leading us on paths of purpose and peace.

## **REST**

Look at your hands for a moment. Slowly tighten them into fists, then deliberately open them, palm up. This physical act of releasing mirrors our spiritual journey of letting go and trusting God's direction.

## **RESPOND**

Think about a recent decision where you felt torn between your own understanding and God's guidance. How did surrendering control to God's wisdom impact the outcome? Where in your life right now might you be holding too tightly to your own understanding?

# DAY 2

## UNVEILING YOUR MASTERPIECE

### **Ephesians 2:10**

*For we are His workmanship [His own master work, a work of art], created in Christ Jesus [reborn from above—spiritually transformed, renewed, ready to be used] for good works, which God prepared [for us] beforehand [taking paths which He set], so that we would walk in them [living the good life which He prearranged and made ready for us].*

### **REFLECT**

Have you ever pondered the concept of a masterpiece? According to the Cambridge dictionary, a masterpiece is a work of art created with exceptional skill, often considered the artist's greatest achievement. Now, let's apply this notion to ourselves. Imagine being God's greatest work of art. Picture delving deep within yourself and recognizing that every facet of your being; your skills, passions, talents, quirks, forms a masterpiece. Each of us possesses a unique blend of qualities that sets us apart from others, making us our own distinct masterpiece. It's in embracing this blend that we step into our authentic selves. Fortunately, we have come to understand the profound truth that we are indeed God's masterpiece, intricately crafted with purpose and intention.

## **REST**

Choose an object in your space that you consider beautiful or well-crafted. Hold it or look at it closely for 30 seconds. Consider the care that went into making it. Now remember: the same God who created the universe crafted you with infinitely more attention and love.

## **RESPOND**

1. Reflect on the passions and talents that God has bestowed upon you. How can you leverage these gifts to illuminate the world with light and love?
2. If you struggled answering the above, let's try this: If you had all the money in the world, what would you do? Will it bring you happiness? Will sharing your gift help another person? If so, how would you share it?
3. Consider how embracing your uniqueness can empower you to live out your purpose and make a meaningful impact in the lives of others

# DAY 3

## DRAWING STRENGTH IN THE WAITING

### **Isaiah 40:29-31**

*He gives strength to the weary, And to him who has no might He increases power. Even youths grow weary and tired, And vigorous young men stumble badly, But those who wait for the Lord [who expect, look for, and hope in Him] Will gain new strength and renew their power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, They will walk and not grow tired.*

### **REFLECT**

I recall a season not too long ago, filled with uncertainty and doubt. What began as a brief period of unemployment stretched into nine long months. Each application met with rejection, every interview leaving me overshadowed by seemingly better candidates.

Eventually, I reached a breaking point. How could I face my friends and family? I had preached about successful job searching while feeling like a failure myself. This humbling realization forced me to practice what I preached.

In desperation, I turned to God. I relinquished my carefully crafted strategies and offered a heartfelt prayer, surrendering to His will. I expressed not just what I wanted in a job, but how I wanted to feel at peace. I was even willing to forgo a lucrative offer for one that brought inner tranquility.

On December 16th, a job offer arrived with a start date in the new year. My heart soared with excitement.

Reflecting years later, I realize I should have rested more and worried less. I grumbled during the silence, and ironically, found myself grumbling again when life became busy.

Are you facing a similar season of uncertainty? Though it may feel like it will break you, these times are gifts of silence bestowed by God. In our weariness and doubt, we find solace in His promise to renew our strength. As we wait upon Him, we're infused with divine energy to rise above life's challenges.

## **REST**

Extend your arms outward like wings. Take three slow, deep breaths. As you inhale, imagine drawing in God's strength; as you exhale, release your weariness. Let your "wings" remind you of the eagle rising on unseen currents of air.

## **RESPOND**

1. Recall a time when you felt depleted and weary. How did God's strength sustain you through that season?
2. Take a moment to express gratitude for His unwavering faithfulness.

# DAY 4

## FINDING PURPOSE IN THE PROCESS

### **Romans 8:28**

*And we know [with great confidence] that God [who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan and purpose.*

### **REFLECT**

As I open these words, Romans 8:28 resonates deeply within me. While I've encountered this passage many times before, its significance has recently grown more intimate, intertwining with my own experiences.

I've personalized this verse on my vision board: "Amen is aware and confident that all things work together to do good towards me because God has granted me His favor, and He invited me into His kingdom and also extended the benefits of His kingdom to me which I gracefully accepted as that is God's desire for me."

Amidst life's trials and tribulations, we find solace in the assurance that God orchestrates all things for our good. When we surrender our worries and fears to His providence, we trust that He's crafting a beautiful masterpiece from what appears to be chaos.

Even when we're tempted to lose faith in the process, this promise stands firm that every circumstance, every

challenge, every unexpected turn is being woven into something meaningful by our loving Creator.

### **REST**

Place your hand over your heart and feel its steady rhythm. Close your eyes and imagine each heartbeat as part of a larger pattern, a divine orchestration working all things together. As you breathe deeply, visualize separate threads of your life being woven into a tapestry whose full design is visible only to God.

### **RESPOND**

1. Recall a past struggle or hardship that ultimately led to growth or blessing.
2. Reflect on how hindsight reveals God's handiwork amidst adversity.

# DAY 5

## CELEBRATING DIVERSITY IN UNITY

### **1 Corinthians 12:4-7**

*Now there are [distinctive] varieties of spiritual gifts [special abilities given by the grace and extraordinary power of the Holy Spirit operating in believers], but it is the same Spirit [who grants them and empowers believers]. And there are [distinctive] varieties of ministries and service, but it is the same Lord [who is served]. And there are [distinctive] ways of working [to accomplish things], but it is the same God who produces all things in all believers [inspiring, energizing, and empowering them]. But to each one is given the manifestation of the Spirit [the spiritual illumination and the enabling of the Holy Spirit] for the common good.*

### **REFLECT**

As God's beautiful masterpiece, you were created to embody unity even in diversity. One powerful expression of this is bringing our distinct skills and talents into the community or tribe we have chosen to join. Even when two skill sets appear similar, differences emerge when we look closely.

Within the body of Christ, diversity isn't merely tolerated, it's celebrated. Each member contributes their unique gifts and talents for the common good. Our differences aren't flaws to overcome but essential components of a complete whole.

I recently released the pressure to “improve” certain aspects of myself. As an ambivert and intuitive person, I naturally perceive my environment before forming conclusions. Others might be strongly introverted or extroverted, analytical people who observe and then judge their surroundings. Neither approach is flawed, they simply represent different ways of navigating life and making decisions.

The beauty lies in recognition: as an intuitive, perceiving person, I sometimes need my analytical, logical friends to help me see details and consider different perspectives. I don’t need to become like my friend or “improve” my personality. All I need is to appreciate our differences and discover how we complement each other.

This is God’s divine design, creating us with different gifts that, when brought together in love, form something far greater than any of us could be alone.

## **REST**

Hold up your hands and study them. Notice how each finger is different in length, shape, and function. Make a fist, then spread your fingers wide. Consider how much less effective your hand would be if all five fingers were identical. Now imagine your community as a hand, each person uniquely designed, yet working together in harmony to accomplish what no single person could do alone.

## **RESPOND**

1. Reflect on a time when someone with a different personality or approach than yours helped you see something valuable you might have missed on your own. How did this experience reveal the beauty of God’s design in creating diverse gifts and perspectives within the body of Christ AND your community?
2. What does this teach you about embracing differences rather than trying to conform?

# WEEKEND REFLECTION

As we conclude Week 1, let's celebrate both our God-given individuality and the profound unity we find in Christ. May we journey forward embraced by His loving guidance, confident in the unique design He has crafted within each of us; different by divine intention yet perfectly connected as one body. Remember that:

- I am a masterpiece, crafted with divine attention to every detail of who I am.
- I am cherished by my Creator, God, who knows my deepest thoughts and wildest dreams.
- I am irreplaceable in God's story, carrying gifts the world desperately needs.

## REST

Stand in front of a mirror. As you look at your reflection, place your hand over your heart and simply say, "Thank you, God, for creating me exactly as I am." Allow yourself to receive this truth.

## SOUL-STIRRING JOURNAL EXERCISE

**Gifts in Action:** List three natural strengths you bring to your daily roles, whether in your career, family life, or community. For each strength, identify one practical way you could intentionally use it this weekend to make a positive difference.

### For example:

1. **Observational insight** – I can quickly grasp the big picture without needing every detail. **Action step:** Offer to help an overwhelmed colleague prioritize their workload by identifying what truly matters most.

2. **Hearing others' passion** – I can recognize genuine enthusiasm and potential in people's ideas. **Action step:** Take a friend whose dream seems stalled to coffee and ask questions that reignite their vision.
3. **Envisioning pathways** – I can see practical steps from idea to accomplishment. **Action step:** Help my child break down a school project into manageable pieces that don't feel overwhelming.

**Then reflect:** How might using these strengths intentionally this weekend honor the way God designed you specifically?



WEEK

**02**

**NURTURING  
SPIRITUAL  
GROWTH**



## THIS WEEK'S INVITATION

Welcome to Week 2 of Rad-iance! This week, we're creating space to slow down and focus on the process of spiritual growth. Just as we continually develop in our professional lives, our spiritual lives require intentional nurturing and development. We'll explore various aspects of spiritual growth, drawing inspiration from Scripture and practical life experiences.

## SCRIPTURES TO CENTER ON

### **2 Peter 3:18**

*But grow [spiritually mature] in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be glory (honor, majesty, splendor), both now and to the day of eternity. Amen.*

### **Philippians 1:6**

*I am convinced and confident of this very thing, that He who has begun a good work in you will [continue to] perfect and complete it until the day of Christ Jesus [the time of His return].*

### **Psalms 92:12-14**

*The righteous will flourish like the date palm [long-lived, upright and useful]; They will grow like a cedar in Lebanon [majestic and stable]. Planted in the house of the Lord, They will flourish in the courts of our God. [Growing in grace] they will still thrive and bear fruit and prosper in old age; They will flourish and be [a]vital and fresh [rich in trust and love and contentment];*

## REALIGNMENT FOCUS

This week, we'll pause to realign with God's growth process in our lives, stepping back from the pressure of instant results to embrace His patient, steady work within us.

# DAY 1

## THE CALL TO GROW

### **Ephesians 4:14-15**

*So that we are no longer children [spiritually immature], tossed back and forth [like ships on a stormy sea] and carried about by every wind of [shifting] doctrine, by the cunning and trickery of [unscrupulous] men, by the deceitful scheming of people ready to do anything [for personal profit]. 15 But speaking the truth in love [in all things—both our speech and our lives expressing His truth], let us grow up in all things into Him [following His example] who is the Head—Christ*

### **REFLECT**

When I first started my career in project management, I was excited just to have a position in my field. But as time passed, I realized that simply showing up wasn't enough, I needed to actively grow in my role. This led me to pursue certifications like Scrum Master and Lean Six Sigma Black Belt. The same is true in our spiritual lives. It's not enough to simply identify as a Christian; we're called to grow, to mature, to become more like Christ.

In my professional journey, growth meant seeking out mentors, taking on challenging projects, and continually learning. In our spiritual lives, it means diving deeper into God's Word, practicing spiritual disciplines, and actively applying our faith in daily life.

Just as stagnation in my career would have left me vulnerable to being outdated or replaced by technology,

spiritual stagnation leaves us vulnerable to being “tossed back and forth by the waves of doctrines and blown here and there by every wind of teaching.” The choice is clear: you can grow up in the faith or you could grow old in the faith.

## **REST**

Hold your hand at the height of your shoulder. Now, slowly raise it higher, inch by inch, until your arm is fully extended upward. This simple movement mirrors our spiritual growth, a gradual, intentional reaching toward greater heights in Christ.

## **RESPOND**

1. Reflect on your spiritual journey over the past year. What practices or experiences have contributed most to your growth?
2. How can you incorporate more of these into your life?

# DAY 2

## ROOTED IN THE WORD

### **Psalm 1:1-3**

*Blessed [fortunate, prosperous, and favored by God] is the man who does not walk in the counsel of the wicked [following their advice and example], Nor stand in the path of sinners, Nor sit [down to rest] in the seat of [b] scoffers (ridiculers). But his delight is in the law of the Lord, And on His law [His precepts and teachings] he [habitually] meditates day and night. And he will be like a tree firmly planted [and fed] by streams of water, Which yields its fruit in its season; Its leaf does not wither; And in whatever he does, he prospers [and comes to maturity].*

### **REFLECT**

When I worked as a consultant, I learned the importance of having a solid foundation. Whether understanding client requirements or establishing the right delivery strategy, a strong base was crucial for success. The same principle applies to our spiritual lives.

This passage in Psalms paints a beautiful picture of a person deeply rooted in Scripture. They're like a tree planted by streams of water, nourished, strong, and fruitful. When we make God's Word a central part of our daily lives, we find ourselves better equipped to face life's challenges. We develop a resilience that sees us through both the successes and the setbacks in our personal and professional lives.

Being rooted in the Word doesn't necessarily mean 5am devotionals or praying at specific time each day. Sometimes, we do these things yet forget God for the rest of the day. True rootedness is about God occupying space in our heart and mind, consciously and unconsciously, throughout our day. It's His truth flowing naturally into our decisions, reactions, and conversations.

Just as I use project tools and templates to manage projects and document processes, we need to find ways to consistently engage with God's Word in ways that work for our unique lives. It's not about ticking a box, but about allowing Scripture to shape our thinking, decisions, and actions wherever we are.

## **REST**

Find the nearest plant or tree or picture one in your mind. Notice how it remains in one place, drawing continuous nourishment from the soil and water. Place your feet firmly on the ground and imagine roots extending downward, connecting you to a source of living water that never runs dry.

## **RESPOND**

1. Write about a time when a specific scripture brought you comfort, guidance, or strength.
2. How can you make Bible reading a more consistent and natural part of your daily rhythm?

# DAY 3

## SPIRIT-LED GROWTH

### **Galatians 5:22-23**

*But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, 23 gentleness, self-control. Against such things there is no law.*

### **REFLECT**

In businesses and careers, we often talk about key performance indicators (KPIs) to measure success but in my spiritual life, I've come to understand that the fruits of the Spirit are the true indicators of growth. Just as I can't force a project to succeed through sheer will, I can't produce spiritual fruit on my own volition.

Our spiritual growth is a collaborative effort with the Holy Spirit. While we play a part through disciplines like prayer and Bible study, true spiritual fruit is ultimately produced by the Spirit working in us. In my work, I create conditions for project success through planning and communication. Similarly, in our spiritual lives, we create conditions for growth by staying connected to the Spirit, being obedient to God's leading, and patiently allowing Him to work in us.

When leading teams at work, I learned that fostering the right environment is crucial for team success. The same is true in our spiritual lives, we need to cultivate an environment where the Spirit can work freely in us.

Unlike workplace metrics that demand immediate results, spiritual fruit often develops slowly and organically. This invites us to practice patience with ourselves and trust God's timing as He nurtures these qualities within us. Just as the best projects require both active work and trust in the process, our spiritual growth requires both intentional practice and surrender to God's transformative power.

### **REST**

Hold an apple, orange, or another piece of fruit in your hand (or imagine one). Notice its color, texture, and weight. Remember that it grew gradually over time, not overnight. Consider how the fruit of the Spirit also develops in your life; gradually, naturally, and with the right conditions.

### **RESPOND**

Choose one fruit of the Spirit you'd like to see grow in your life. Write about why this particular trait is important to you and brainstorm practical ways you can cultivate it this week.

# DAY 4

## GROWTH THROUGH TRIALS

### **James 1:2-4**

*Consider it nothing but joy, my [a]brothers and sisters, whenever you fall into various trials. 3 Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]. 4 And let endurance have its perfect result and do a thorough work, so that you may be perfect and completely developed [in your faith], lacking in nothing.*

### **REFLECT**

In my personal life, I've faced numerous challenges. One that stands out was a devastating financial crisis when I lost about \$20,000 in savings after unexpectedly losing my job. Simultaneously, interest rates rose on my variable mortgage, dramatically increasing my monthly payments. When I finally secured new employment, it came with a 40% pay cut from my previous income. Every aspect of my financial security seemed to crumble at once.

James encourages us to consider trials as opportunities for joy. This doesn't mean we enjoy the hardship itself, but rather we recognize its potential for growth. Just as the most challenging personal setbacks often lead to the most significant character development, the pressures and financial burdens we face can produce valuable qualities in us such as; perseverance, wisdom, and a deeper, more mature faith.

To navigate this financial crisis, I implemented strategies like creating a bare-bones budget, having difficult but necessary conversations with my friends and family about my new reality, and finding creative ways to generate additional income that didn't disrupt my peace. Similarly, in our spiritual lives, we can face trials with strategies like staying rooted in God's Word, maintaining honest communication with God and fellow believers, and remaining flexible in our approach while holding firm to our faith.

This financial hardship ultimately transformed my relationship with money, taught me to distinguish between wants and needs, and deepened my trust in God's provision, even when it looks different than I expected.

## **REST**

Take a piece of paper and gently crumple it in your hand. Then, carefully smooth it out again. Notice the creases and lines that remain, evidence of pressure applied. Like this paper, our lives bear marks of the pressures we've endured, yet these very marks can become channels through which God's grace flows more deeply.

## **RESPOND**

1. Write about a past trial that resulted in personal or spiritual growth.
2. How can that experience inform how you approach current or future challenges?

# DAY 5

## LIFELONG LEARNING

### **Proverbs 9:9**

*Give instruction to a wise man and he will become even wiser; teach a righteous man and he will increase his learning.*

### **REFLECT**

At 34, I find myself continually seeking new learning opportunities. Whether it's staying updated with the latest career tools or exploring new spiritual insights, I've come to appreciate that growth is a lifelong journey. This enthusiasm for continuous learning has led me to pursue various certifications and expand my skills across different industries.

This proverb reminds us that wisdom begets more wisdom. The more we learn, the more we realize there is to learn. This humility and openness to growth is a mark of true maturity, both professionally and spiritually. Whether we're new believers or have walked with God for years, there's always room to grow deeper in our faith, to gain new insights, and to apply God's truth in fresh ways to our lives.

In my career, I've transitioned from junior roles to senior roles and now leadership positions across various industries. Each transition required humility to learn new skills and adapt to new environments. Similarly, in our spiritual journey, we must remain teachable, always ready to learn more about God and His ways.

The wisest people I know, both in business and in faith, are those who approach each day with a learner's mindset, never assuming they've "arrived." They ask questions, listen intently, and remain open to perspectives different from their own. This posture of humble learning keeps our faith vibrant and growing rather than stagnant and rigid.

## **REST**

Cup your hands together as if holding water. Notice how open hands can receive, while closed fists cannot. Slowly open and close your hands, considering how a teachable heart remains open to receive new wisdom from God, while a prideful heart closes itself off from growth.

## **RESPOND**

1. Write about a recent spiritual lesson you've learned.
2. How has it impacted your faith or daily life?
3. What areas of spiritual knowledge would you like to explore further?

# WEEKEND REFLECTION

As we conclude Week 2, let's embrace the journey of spiritual growth with enthusiasm and patience. Remember, growth is a process that happens day by day, choice by choice. Just as we strive for excellence and continuous improvement in our professional lives, let's apply that same dedication to our spiritual growth. May we continue to nurture our spiritual lives, knowing that as we grow, we become more effective reflections of Christ's love in the world.

## REST

Stand and slowly stretch your arms upward, reaching as high as you can. Hold this position for a moment, feeling the gentle stretch in your body. This upward reach mirrors your spiritual growth, a constant reaching toward God, sometimes uncomfortable but always purposeful.

## DWELL ON THIS:

- I am growing daily in wisdom and understanding.
- I am open to the Spirit's work in my life.
- I am becoming more like Christ each day.

## JOURNAL EXERCISE: LIFE'S GROWTH TIMELINE

Draw a timeline of your spiritual journey. Mark significant events, experiences, or lessons that have shaped your faith. Reflect on God's faithfulness throughout and how each experience has contributed to your growth.

As you examine your timeline, identify patterns or themes in your development. Use these insights to set intentional goals for your continued spiritual growth.

Consider creating parallel timelines for other areas of your life: career advancement, business development, personal growth, and/or family planning. How do you see God working across all these dimensions? What spiritual lessons have emerged from your business challenges? How has family planning deepened your trust in God's timing? Where do these journeys intersect, and what might God be teaching you through their similarities and differences?

Look for the golden threads of God's presence woven through every aspect of your development, not just your explicitly spiritual practices.



WEEK

**03**

**BUILDING  
AUTHENTIC  
RELATIONSHIPS**



## THIS WEEK'S INVITATION

Welcome to Week 3 of Rad-iance! This week, we're creating space to slow down and explore the crucial topic of building authentic relationships. In both our personal and professional lives, genuine connections are vital for growth, support, and fulfillment. We'll examine how biblical principles can guide us in fostering meaningful relationships in all areas of our lives, and how to realign with what truly matters in our connections with others.

## SCRIPTURES TO CENTER ON

### **Proverbs 17:17**

*A friend loves at all times,  
and a brother is born for adversity.*

### **1 John 4:7-8**

*Beloved, let us [unselfishly] love and seek the best for one another, for love is from God; and everyone who loves [others] is born of God and knows God [through personal experience]. The one who does not love has not become acquainted with God [does not and never did know Him], for God is love [He is the originating cause of love, its meaning, its essence].*

### **Ecclesiastes 4:9-10**

*Two are better than one because they have a more satisfying return for their labor; for if either of them falls, the one will lift up his companion. But woe to him who is alone when he falls and does not have another to lift him up.*

## REALIGNMENT FOCUS

This week, we'll pause to realign our relationships with authenticity and love, stepping back from surface-level connections to embrace the deeper relationships that truly sustain us.

# DAY 1

## FOUNDATIONS OF FRIENDSHIP

### **Proverbs 18:24**

*The man of too many friends [chosen indiscriminately] will be broken in pieces and come to ruin, But there is a [true, loving] friend who [is reliable and] sticks closer than a brother.*

### **REFLECT**

In my professional career, I've learned that the success of any project often hinges on the strength of relationships within the team. Similarly, in my personal life, the depth and quality of my friendships can significantly impact my journey.

This proverb speaks of a friend who “sticks closer than a brother.” I've been fortunate to have colleagues who've become more than just co-workers over the years, they've become trusted allies and friends. Whether navigating complex deliverables under tight deadlines or weathering organizational changes that threatened our projects, having reliable team members made all the difference.

I recall when I was contemplating a career change that felt both exciting and terrifying. My colleague Jacey went far beyond professional courtesy, she spent hours after work helping me refine my resume, conducted mock interviews on weekends, and shared insider insights about potential companies. When I doubted my qualifications,

she reminded me of strengths I couldn't see in myself. This support wasn't part of her job description; it was friendship in its truest form.

True friendship, both in professional and personal contexts, is marked by loyalty, trust, and mutual support. It's about being there for each other not just in times of success, but especially during challenges and setbacks. These relationships don't happen by accident, they require intentional investment, vulnerability, and choosing connection over convenience.

In a culture that often celebrates independence and self-sufficiency, this proverb reminds us of our fundamental need for deep, authentic relationships. The friend who "sticks closer than a brother" offers something essential to our wellbeing that no amount of professional success or personal achievement can replace.

## **REST**

Interlace your fingers together tightly, then gently pull your hands apart while keeping your fingers connected. Notice how much stronger your hands are when linked together. Consider how your life is strengthened by the friends who choose to stay connected to you through all seasons.

## **RESPOND**

1. Think about a time when a friend (or a close colleague) stood by you during a difficult period.
2. How did their support impact you?
3. How can you emulate that kind of friendship to others in your various roles this week?

# DAY 2

## LOVE THAT TRANSFORMS

### **1 Corinthians 13:4-7**

*Love endures with patience and serenity, love is kind and thoughtful, and is not jealous or envious; love does not brag and is not proud or arrogant. 5 It is not rude; it is not self-seeking, it is not provoked [nor overly sensitive and easily angered]; it does not take into account a wrong endured. 6 It does not rejoice at injustice, but rejoices with the truth [when right and truth prevail]. 7 Love bears all things [regardless of what comes], believes all things [looking for the best in each one], hopes all things [remaining steadfast during difficult times], endures all things [without weakening].*

### **REFLECT**

In our fast-paced, often disconnected world, it's easy to get caught up in personal achievements, social media metrics, and surface-level interactions. However, I've learned that at the heart of every meaningful relationship is something more fundamental: love.

The principles outlined in this passage transform all our connections. Patience, kindness, humility, and perseverance, these qualities create the foundation for authentic relationships that enrich our lives.

I recall a friendship that was tested when my closest friend began a profound spiritual awakening. I noticed her gradually withdrawing from our relationship as her perspectives shifted. She often read meanings into my casual statements that I never intended, filtering my words through her new experiences. I could feel the growing

distance between us. Having gone through similar transformative periods myself, I recognized what was happening. Instead of demanding explanations or taking her withdrawal personally, I chose to practice patient love, creating space for her journey without judgment or pressure. I remained available without expectations, understanding that her path might temporarily lead away from our friendship. This wasn't easy, but it was loving. Eventually, she either needed to forge forward with me or continue separately, and I accepted either outcome with grace.

True love, whether with friends, family, or dating relationships is not possessive or demanding. It believes the best, hopes continually, and endures through periods of distance and misunderstanding. This kind of love isn't just sentiment; it's a daily choice to respect others' journeys even when they diverge from ours.

In a culture that often treats relationships as disposable at the first sign of difficulty, this passage reminds us that authentic love perseveres through seasons of change and growth. It's not just what we feel, but what we consistently choose to do.

## **REST**

Place both hands over your heart and feel its steady rhythm. This heart beats not just for you but extends love outward to others. Take three deep breaths, and with each exhale, imagine releasing any frustration or impatience you're holding toward someone you care about.

## **RESPOND**

1. Choose one attribute of love from this passage that you want to focus on this week. Write about how you can intentionally practice this in your relationships with friends, family, and community.
2. What specific situations might challenge this practice, and how will you prepare to respond with love?

# DAY 3

## BRIDGING DIFFERENCES

### **Romans 14:1-3**

*As for the [a]one whose faith is weak, accept him [into your fellowship], but not for [the purpose of] quarreling over his opinions. 2 One man's faith permits him to eat everything, while the weak believer eats only vegetables [to avoid eating ritually unclean meat or something previously considered unclean]. 3 The one who eats [everything] is not to look down on the one who does not eat, and the one who does not eat must not criticize or pass judgment on the one who eats [everything], for God has accepted him.*

### **REFLECT**

In my journey through life, I've encountered people with vastly different perspectives, beliefs, and ways of living. One of the most valuable lessons I've learned is the importance of embracing diversity while maintaining healthy boundaries.

Paul's advice to the Romans about accepting those with different views is incredibly relevant in our modern, diverse communities. Just as we wouldn't judge someone for their dietary choices, we shouldn't let differences in faith practices, political views, or personal convictions create unnecessary divisions.

I've learned not to argue against others' perspectives, recognizing that our experiences, culture, and personality all impact how we perceive the world and make decisions.

I've become comfortable with others holding different opinions while remaining confident in my own perspective. I give myself grace to change my mind when new information resonates, and the freedom not to when it doesn't.

When differences arise, I assess whether it's a difference I can genuinely work with or one that might become stressful over time. I don't immediately dismiss people with different viewpoints, but I establish clear boundaries and focus on our similarities. I've noticed that some people communicate to argue, others to share perspective; some listen to debate, others to understand. Your intention ultimately makes all the difference.

This approach aligns beautifully with Paul's teaching. He doesn't ask us to abandon our convictions but encourages us to create space for difference without judgment, exactly what healthy relationships require.

## **REST**

Look at your hands and notice how your fingers are all different lengths, yet they work together perfectly. Bend each finger individually, then make a fist. Consider how diversity in relationships, like diversity in your hand, creates strength and functionality that uniformity cannot achieve.

## **RESPOND**

1. Think about a relationship where you struggle with differences. Write about how you can apply Paul's principles to improve this relationship.
2. What specific steps can you take to show acceptance while maintaining appropriate boundaries?

# DAY 4

## TRUST AND RESTORATION

### **Matthew 18:15-17**

*“If your brother sins[a], go and show him his fault in private; if he listens and pays attention to you, you have won back your brother. 16 But if he does not listen, take along with you one or two others, so that every word may be confirmed by the testimony of two or three witnesses. 17 If he pays no attention to them [refusing to listen and obey], tell it to the [b]church; and if he refuses to listen even to the church, let him be to you as a Gentile (unbeliever) and a tax collector.*

### **REFLECT**

In relationships, clear communication and conflict resolution are essential skills. Jesus provides a practical framework for addressing conflicts that remains profoundly relevant in our modern relationships.

The process He outlines begins with direct, private conversation addressing issues personally rather than involving others prematurely. If that doesn't resolve the situation, He suggests bringing in one or two others to help facilitate understanding. Only after these steps have been taken should the matter be brought to the wider community.

What's striking about this approach is its focus on restoration rather than simply being right. The goal isn't to prove a point but to rebuild connection. Yet this process also reveals an important truth: reconciliation requires participation from both parties.

Words of forgiveness ring hollow without the actions of reconciliation to support them. We may hear someone say, “I forgive you,” or “it’s ok,” yet experience continued coldness, exclusion, or distance. True reconciliation is evidenced not merely in words spoken but in relationship restored.

Sometimes we’ve faithfully followed Jesus’ path of reconciliation as far as it depends on us, extended invitations, opened doors for conversation, offered genuine reconnection but eventually we must then respect the other person’s choice not to walk through that door. In these moments, peace comes not from a perfectly restored relationship, but from knowing we’ve honored Christ’s teaching to the extent we could

## **REST**

Hold two separate objects in your hands; coins, pencils, or anything small. Slowly bring them together until they touch, then gently pull them apart. Reconciliation requires both objects to move toward each other. Consider how relationships need mutual effort to truly reconnect.

## **RESPOND**

1. Reflect on a relationship where you’ve experienced a disconnect between someone’s expressed forgiveness and their actions. What does genuine reconciliation look like beyond words?
2. How might you apply Jesus’ teaching when you’ve done what you can, but true restoration hasn’t occurred?

# DAY 5

## THE POWER OF FELLOWSHIP

### **Acts 2:42-47**

*They were continually and faithfully devoting themselves to the instruction of the apostles, and to fellowship, to [a]eating meals together and to prayers. 43 A sense of awe was felt by [b]everyone, and many wonders and signs (attesting miracles) were taking place through the apostles. 44 And all those who had believed [in Jesus as Savior] [c]were together and had all things in common [considering their possessions to belong to the group as a whole]. 45 And they began selling their property and possessions and were sharing the proceeds with all [the other believers], as anyone had need. 46 Day after day they met in the temple [area] continuing with one mind, and breaking bread in various private homes. They were eating their meals together with joy and generous hearts, 47 praising God continually, and having favor with all the people. And the Lord kept adding to their number daily those who were being saved.*

### **REFLECT**

The description of the early church in Acts presents a profound vision of authentic community. These believers created something extraordinary, a space where people truly belonged to one another, sharing not just their resources but their very lives.

Four key elements formed the foundation of their community: devotion to teaching, genuine fellowship, breaking bread together, and prayer. This wasn't a theoretical ideal but a lived reality that transformed their relationships and attracted others to their midst.

I've been blessed to experience this kind of community in my own life through my church family that embraces my differences and respects my boundaries. The authenticity I've found there mirrors what the early believers practiced, a place where uniqueness is celebrated rather than merely tolerated.

Even more remarkable are my female friendships that have matured into a support system reflecting the Acts community. We constantly affirm one another, surprise each other with thoughtful gifts, and gather through both loss and victory. These relationships provide space to vent frustrations while also offering different perspectives. We've navigated joyful seasons and difficult ones, offering financial support when needed and moral support always.

These communities embody what the early church demonstrated that authentic fellowship isn't about perfect agreement but about perfect love. It's about creating spaces where people can be fully known and fully loved, where practical needs are met alongside spiritual ones, and where the joys and burdens of life are genuinely shared.

True community isn't manufactured, it's cultivated through consistent presence, vulnerability, and practical care. Like the early believers, these authentic connections become living testimonies to the transformative power of love in action.

## **REST**

Form a circle with your thumb and forefinger. Look through this "window" at different objects around you. Notice how

the circle frames and focuses your view. Consider how authentic community creates a frame of support that helps you see life more clearly and feel less alone in your experiences.

## **RESPOND**

1. Reflect on a moment when your community (friends, church, or family) truly showed up for you or for someone else in a meaningful way.
2. What made this experience powerful?
3. What specific qualities from Acts 2 were present in this situation?
4. How might you intentionally nurture these same qualities in your community relationships going forward?

# WEEKEND REFLECTION

As we conclude Week 3, let's remember that authentic relationships are at the heart of both our spiritual and personal lives. Whether we're navigating friendships, family dynamics, or community connections, the principles we've explored this week: love, acceptance, trust, and fellowship are invaluable. May we continue to grow in our ability to foster genuine connections, knowing that in doing so, we reflect God's love and build stronger communities.

## REST

Reach out and gently touch a nearby surface; a table, wall, or your own hand. Feel the connection between your skin and what you're touching. This simple contact reminds us that we are designed for connection, not isolation. We thrive when we reach out and authentically connect with others.

## THINK ON THESE THINGS:

- I am a builder of authentic relationships.
- I am capable of bridging differences with love and understanding.
- I am part of a community that supports and challenges me to grow.

## JOURNAL EXERCISE: RELATIONSHIP WEB

Draw a web of your key relationships. For each connection, write down one strength of that relationship and one area you'd like to improve. Then, inspired by what we've learned this week, write down one specific action you can take to nurture each relationship.

Consider how different relationships serve different purposes in your life. Some bring joy, others growth, others stability. How does understanding each relationship's unique value help you approach it with greater intention? This visual representation can help you see your relationship network and prioritize your efforts in building authentic connections.



WEEK

**04**

**SUSTAINING  
YOUR DIRECTION**

## **THIS WEEK'S INVITATION**

Welcome to Week 4 of Rad-iance! This week, we're creating space to slow down and focus on maintaining our spiritual direction amidst life's challenges and distractions. Just as we need moments to pause and recalibrate when we've lost our way, our faith serves as an anchor, guiding us through life's twists and turns. We'll explore how to realign with God's truth when the noise of life threatens to pull us off course.

## **SCRIPTURES TO CENTER ON**

### **Colossians 2:7**

*Having been deeply rooted and now being continually built up in Him and continually confirmed in your faith, just as you were taught, and overflowing in it with gratitude.*

### **Hebrews 12:2**

*Looking only at Jesus, the originator and perfecter of the faith, who for the joy [of accomplishing the goal] set before Him endured the cross, disregarding the shame, and sat down at the right hand of the throne of God.*

### **James 1:12**

*Blessed [happy, spiritually prosperous, favored by God] is the man who is steadfast under trial and perseveres when tempted; for when he has passed the test and been approved, he will receive the crown of life which the Lord has promised to those who love Him.*

## **REALIGNMENT FOCUS**

This week, we'll pause to realign with the unchanging truths that anchor us when everything around us feels shifting and uncertain. We'll create space to reconnect with what sustains our direction rather than constantly searching for new paths.

# DAY 1

## ROOTED IN FAITH

### **Colossians 2:6-7**

*Therefore as you have received Christ Jesus the Lord, walk in [union with] Him [reflecting His character in the things you do and say—living lives that lead others away from sin], 7 having been deeply rooted [in Him] and now being continually built up in Him and [becoming increasingly more] established [a]in your faith, just as you were taught, and overflowing in it with gratitude.*

### **REFLECTION**

In the world of technology, a stable and robust foundation is crucial for any system to function effectively. Similarly, in our spiritual lives, being rooted in Christ provides the stability and nourishment we need to thrive.

I recall a period in my life when everything seemed to be in flux; career uncertainties, personal challenges, and doubts about my path. I had pivoted from an independent consultant to a full-time employee, only to have the company announce major restructuring three months later. Simultaneously, a long-term relationship was ending, and I found myself questioning decisions that had once seemed so clear.

It was during this season of upheaval that I truly understood what it means to be “rooted and built up in him.” Like how a tree with deep roots can withstand powerful storms, I discovered that my connection to Christ provided

stability when everything else felt uncertain. This rootedness wasn't about having all the answers or feeling confident in my circumstances, but it was about trusting the One who held my future even when I couldn't see it clearly.

Each day, I turned to Scripture, not as a ritualistic practice but as a lifeline. The daily reminder of God's character and promises became the solid ground beneath my feet when everything else felt like shifting sand. Friends noticed a strange peace about me despite my circumstances, not because I felt no anxiety, but because beneath the anxiety was a deeper certainty that I wasn't facing these challenges alone and eventually a season must come to an end.

Being rooted in Christ didn't change my external situation immediately; the career transition still took months, and the heartache didn't disappear overnight, but it completely transformed how I experienced those challenges. Instead of being defined by uncertainty, I found myself growing in ways I never would have chosen but now wouldn't trade.

This is the paradox of being "strengthened in the faith", sometimes our deepest growth happens not when everything is going well, but when we're forced to sink our roots deeper during life's storms.

## **REST**

Stand up and feel your feet firmly planted on the ground. Imagine roots growing down from your feet, extending deep into the earth beneath you. These invisible roots represent your connection to Christ always there, always drawing strength, even when you can't see them working.

## **RESPOND**

1. Reflect on a time when your faith provided stability during a difficult period. How did being rooted in Christ

make a difference in your perspective, decisions, or peace of mind?

2. Write about three practical ways you can intentionally deepen your spiritual roots this week, even during your busy schedule.

# DAY 2

## EYES FIXED ON JESUS

### **Hebrews 12:1-3**

*Therefore, since we are surrounded by so great a cloud of [a]witnesses [who by faith have testified to the truth of God's absolute faithfulness], stripping off every unnecessary weight and the sin which so easily and cleverly entangles us, let us run with endurance and active persistence the race that is set before us, 2 [looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfector of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, [b]disregarding the shame, and sat down at the right hand of the throne of God [revealing His deity, His authority, and the completion of His work]. 3 Just consider and meditate on Him who endured from sinners such bitter hostility against Himself [consider it all in comparison with your trials], so that you will not grow weary and lose heart.*

### **REFLECT**

In my weight training sessions, I've learned the importance of maintaining proper form and focus, especially when fatigue sets in. This principle applies beautifully to our spiritual lives as well. Just as we focus on our core and breathing during exercise, in our faith journey, we need to keep our focus on Jesus.

I remember a season when life's demands felt overwhelming. Work deadlines, relational engagements, and personal commitments seemed to compete for my attention and energy. It was during this time that these verses from Hebrews took on deeper meaning for me. The image of running with perseverance resonated deeply not sprinting frantically but finding a sustainable pace for the long journey.

What struck me most profoundly was the realization that perseverance isn't just about pushing harder. Sometimes it means entering rest. When training physically, recovery days are as essential as workout days. Our muscles grow stronger during rest, not during exertion. Similarly, fixing my eyes on Jesus often meant creating space for quiet, for sabbath, for simply being rather than constantly doing.

The "cloud of witnesses" reminded me that I wasn't pioneering this path. Others had navigated similar terrain before me, finding their way not through frantic performance but through faithful presence.

The beauty of this race we're running is found in its foundation Jesus, "who for the joy set before him endured the cross." His endurance wasn't fueled by obligation but by love. And that same love sustains us in our journey. We don't run to earn God's approval but because we already have it. This truth transforms our perspective on perseverance. We're not running to prove ourselves worthy; we're running because we're already loved, already accepted, already held. This is the secret to true endurance not striving for God's love but running from the strength it provides.

## **REST**

Close your eyes and slowly turn your head from side to side, noticing all the distractions in your peripheral vision. Now, open your eyes and pick one object directly in front of you to focus on for 15 seconds, letting everything else

blur. This singular focus mirrors how fixing our eyes on Jesus brings clarity amidst life's distractions.

## **RESPOND**

1. Reflect on what true rest looks like for you spiritually. When do you feel most connected to God without striving or performing?
2. List the things that most often distract you from focusing on Christ. For each distraction, write down one practice of rest or refocusing that helps you return your attention to Jesus.

# DAY 3

## PERSEVERANCE IN TRIALS

### **James 1:12**

*Blessed [happy, spiritually prosperous, favored by God] is the man who is steadfast under trial and perseveres when tempted; for when he has passed the test and been approved, he will receive the [victor's] crown of life which the Lord has promised to those who love Him.*

### **REFLECT**

Life inevitably brings trials, and our response to these challenges shapes our character and faith. We live in a world filled with difficulties that test our endurance from global challenges like pandemic recovery, economic uncertainty, and social division to the personal struggles we all face.

During particularly difficult seasons, James 1:12 offers profound encouragement. It reminds us that perseverance isn't just about gritting our teeth and pushing through, but about maintaining our faith and trust in God amidst the storm.

Consider how believers around the world demonstrate this steadfastness in remarkable ways. In regions where practicing faith brings persecution, Christians gather secretly to worship. In communities devastated by natural disasters, churches become centers of hope and practical support. In neighborhoods plagued by violence, faithful individuals create spaces of peace and reconciliation.

These examples remind us that standing firm in faith doesn't mean avoiding hardship or being protected from

suffering. Rather, it means finding God’s presence within the trial itself. The “crown of life” mentioned in the verse takes on new meaning in this light not just as a future reward, but as the rich, abundant connection with God we can experience even in difficult circumstances when we remain steadfast.

This perseverance transforms not just our individual lives but ripples outward to impact our communities. When we stand firm in love during times of division, when we maintain hope in seasons of despair, when we choose faith amid uncertainty we become living testimonies to a different way of navigating life’s challenges.

## **REST**

Clench your fist tightly, holding the tension for 10 seconds. Notice the strain. Now slowly release and open your hand completely. Perseverance isn’t about gripping tightly to control, but about maintaining an open, trusting posture even when circumstances are difficult.

## **RESPOND**

1. Reflect on a current challenge you’re facing or a broader issue that concerns you. How can you apply the principle of perseverance to this situation?
2. What might be the “crown of life” God is forming in you or in His people through this experience?
3. How might your steadfastness in this trial become a testimony of God’s faithfulness to others?

# DAY 4

## THE WORD AS OUR ANCHOR

### **Psalm 119:105**

*Your word is a lamp to my feet And a light to my path.*

### **REFLECT**

In our digital age, we're constantly bombarded with information, opinions, and voices competing for our attention. Amidst this noise, God's Word serves as a steady, illuminating force, much like a beacon guiding us through foggy terrain.

Many of us have experienced the confusion that comes from seeking too many perspectives on an important decision. Well-meaning friends and family offer advice based on their own experiences, but these diverse opinions can sometimes leave us more uncertain than before. This is especially challenging when we try to adopt decision-making styles that don't align with how God has uniquely wired us.

The beauty of God's Word as "a lamp to our feet and a light to our path" is that it illuminates not just the way forward, but also the way inward helping us understand how we're designed to navigate life's choices. Some of us are analytical decision-makers who need data and lists. Others are intuitive, sensing the right direction in ways we can't always articulate. Some process externally through conversation, while others need quiet reflection.

Scripture honors this diversity of design. It doesn't prescribe a single method for every decision but rather provides principles that work through our unique personalities. The lamp of God's Word doesn't transform us into identical decision-makers; it illuminates our authentic selves and teaches us to trust how God has crafted us.

This journey often involves learning from consequences both positive and negative as we grow in confidence about our God-given decision-making style. When we understand that God's light works through our uniqueness rather than despite it, we can embrace our authentic way of processing choices while remaining open to growth and refinement.

## **REST**

Hold a flashlight, phone light, or candle (or imagine one). Turn it on and notice how it illuminates just the area directly in front of you, not the entire room. God's Word often works this way giving us light for the next step rather than revealing the entire journey ahead.

## **RESPOND**

1. Reflect on your natural decision-making style. Are you more intuitive or analytical? Do you process internally or externally?
2. How has God's Word affirmed your authentic design while also helping you grow?
3. Choose a current decision you're facing and consider how you might approach it in a way that honors both Scripture's guidance and your unique design.

# DAY 5

## THE POWER OF SPIRITUAL FRIENDSHIPS

### **Hebrews 10:24-25**

*and let us consider [thoughtfully] how we may encourage one another to love and to do good deeds, 25 not forsaking our meeting together [as believers for worship and instruction], as is the habit of some, but encouraging one another; and all the more [faithfully] as you see the day [of Christ's return] approaching.*

### **REFLECT**

While I may not always be actively involved in church small groups, I've come to appreciate the value of spiritual friendships in my faith journey. This passage reminds us of the importance of encouraging one another and spurring each other on in our walk with God.

I'm grateful for friends who regularly check in on my spiritual well-being. Their consistent presence and gentle inquiries about my faith have often been the nudge I needed to refocus on my spiritual growth. These connections, even if not formal or structured, have played a crucial role in keeping me accountable and encouraged in my faith.

I think of a friendship that has flourished through our long phone calls even though we don't attend the same church or denomination. What began as catching up on life updates inevitably deepens into conversations about what God is teaching us, struggles we're facing in our faith, or

insights from our different church experiences. Similarly, monthly coffee dates with a university friend have become sacred spaces where we can honestly discuss our doubts, celebrate spiritual breakthroughs, and pray for each other. Though neither of us explicitly labeled these as “spiritual friendships,” they’ve become vital anchors in my faith journey.

The beauty of spiritual friendships is that they don’t require formal structures or shared church membership. They can flourish across denominational lines, different worship styles, and various theological perspectives. These connections remind us that the community described in Hebrews isn’t limited to organized church programs, it’s about intentional relationships where we “consider how to spur one another on toward love and good deeds,” whether that happens over phone calls, coffee cups, or walking trails.

## **REST**

Think of a friend who encourages your faith. Picture their face and recall a specific moment when their words or presence strengthened you spiritually. Place your hand over your heart and silently thank God for the gift of this person in your life.

## **RESPOND**

1. Reflect on your current friendships. How do they support your faith journey? Are there ways you could deepen these connections or be a better spiritual friend to others?
2. Write about one step you can take this week to either strengthen an existing spiritual friendship or reach out to someone new.

# WEEKEND REFLECTION

As we conclude Week 4, let's remember that sustaining our spiritual direction is not a solo endeavor. It requires us to be rooted in Christ, focused on Jesus, perseverant in trials, anchored in God's Word, and connected with fellow believers. May we continue to navigate life's journey with our hearts firmly set on God, supporting one another as we go.

## REST

Place your feet firmly on the ground and stand tall. Slowly raise your arms above your head, reaching upward. Feel yourself grounded below while stretching toward heaven above. This posture reflects the balance of being rooted in faith while reaching toward growth.

## BE AFFIRMED THAT:

- I am rooted and established in Christ's love.
- I am focused on Jesus, the author and perfecter of my faith.
- I am strengthened by God's Word and the support of fellow believers.

## JOURNAL EXERCISE: SPIRITUAL COMPASS CHECK

Create a simple diagram in your journal with four quadrants, each representing an aspect of your spiritual life (e.g., Prayer, Scripture, Friendships, Service). For each quadrant, rate your current engagement from 1-10 and jot down one practical step you can take to grow in that area.

As you complete this exercise, remember that growth isn't always about doing more, sometimes it's about deepening quality rather than increasing quantity. Consider

what feels life-giving rather than what adds pressure. This visual representation can help you assess and align your spiritual life in ways that honor your unique relationship with God.



WEEK

**05**

**CULTIVATING  
RESILIENCE**

## **THIS WEEK'S INVITATION**

Welcome to Week 5 of Rad-iance! This week, we're creating space to slow down and focus on developing spiritual resilience; the ability to bounce back from setbacks, adapt to change, and grow stronger in our faith despite life's challenges. Just as we need moments to pause and recalibrate when life knocks us off balance, we'll explore how to realign with God's strength when adversity threatens to overwhelm us.

## **SCRIPTURES TO CENTER ON**

### **Romans 5:3-5**

*Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.*

### **Isaiah 40:31**

*But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

### **2 Corinthians 4:8-9**

*We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.*

## **REALIGNMENT FOCUS**

This week, we'll pause to realign with the understanding that resilience isn't about avoiding life's storms, but about finding our strength and stability in God when those storms inevitably come. We'll discover how slowing down in difficult moments can build the endurance we need for the journey ahead.

# DAY 1

## THE BEAUTY OF PERSEVERANCE

### **Romans 5:3-5**

*And not only this, but [with joy] let us exult in our sufferings and rejoice in our hardships, knowing that hardship (distress, pressure, trouble) produces patient endurance; 4 and endurance, proven character (spiritual maturity); and proven character, hope and confident assurance [of eternal salvation]. 5 Such hope [in God's promises] never disappoints us, because God's love has been abundantly poured out within our hearts through the Holy Spirit who was given to us.*

### **REFLECT**

In professional settings, we often encounter the concept of “failing forward”, the idea that setbacks and failures can be stepping stones to growth and success. This secular principle beautifully aligns with what Paul teaches us about perseverance in our spiritual lives.

We see this dynamic played out in workplaces everywhere, where a team launches a product that underperforms in the market, an entrepreneur's first business venture fails, or a promising career path suddenly hits an unexpected roadblock. These moments of professional challenge, while painful, often become catalysts for tremendous growth.

Through workplace difficulties, people develop resilience, learn to collaborate more effectively, and discover

the importance of adapting to change. Similarly, in our spiritual journey, challenges produce perseverance, which in turn develops character and strengthens hope.

Paul's teaching offers a revolutionary perspective, he suggests we can rejoice in our difficulties. Why? Because he understood that challenges start a transformative chain reaction in our lives. When viewed through this lens, professional setbacks take on new meaning. A failed project, a rejected proposal, or a difficult workplace relationship becomes an opportunity for growth rather than just an obstacle.

This outlook shifts our focus from immediate outcomes to long-term formation. We begin to ask different questions about our challenges, seeing them as opportunities for development rather than simply problems to solve or avoid. We start looking for the lessons within the difficulty rather than just seeking the quickest way out.

The process of moving from suffering to hope isn't usually quick or comfortable, but it creates a depth and resilience that couldn't be developed any other way. When we understand this progression, we can approach our challenges with a different mindset not eagerly seeking difficulties but recognizing their transformative potential when they inevitably come.

## **REST**

Press your palms together firmly for 10 seconds, feeling the resistance. Now separate them and notice how they feel lighter and more flexible. This pressure and release mirrors how challenges can make us stronger and more adaptable when we allow them to do their transformative work.

## **RESPOND**

1. Reflect on a current challenge you're facing. How might this situation be developing perseverance, character, and hope in your life?
2. What specific growth have you noticed in yourself through past difficulties that prepared you for where you are today?

# DAY 2

## RENEWED STRENGTH

### **Isaiah 40:31**

*But those who wait for the Lord [who expect, look for, and hope in Him] Will gain new strength and renew their power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, They will walk and not grow tired.*

### **REFLECT**

In the fast-paced world we live in, burnout is a real concern. We often push ourselves to the limit, trying to meet deadlines, achieve goals, and balance various responsibilities. This scripture offers a beautiful counter-cultural message about finding strength.

I remember a period when I felt completely drained; physically, emotionally, and spiritually. I was working full-time while volunteering at church multiple times a week, maintaining too many friendships, and saying yes to every commitment that came my way. My calendar had no white space, and neither did my life. I prided myself on being dependable and available to everyone, never realizing I had established no boundaries around my time and energy.

The breaking point came when I found myself crying in my car between appointments, too exhausted to attend yet another gathering but too afraid to disappoint people by not showing up. It was during this season of complete depletion that Isaiah 40:31 took on new meaning for me.

I realized that I had been relying on my own strength, trying to power through by sheer force of will. This verse reminded me of the importance of “waiting” on the Lord not passive waiting, but active trust and dependence on God. It meant learning to say no, establishing healthy boundaries, and prioritizing rest as a spiritual discipline.

As I began to scale back commitments and create margin in my life, I experienced a renewal I hadn’t thought possible. Like an eagle soaring effortlessly on-air currents, I found a new rhythm of engagement and rest that was sustained by God’s power, not my own limited resources. I discovered that saying no to some things allowed me to say a more meaningful yes to what truly mattered.

## **REST**

Spread your arms wide like wings and take a deep breath in. Hold for a moment, then slowly bring your arms down as you exhale. Imagine yourself like an eagle, not frantically flapping but gracefully soaring on the wind currents of God’s strength beneath you.

## **RESPOND**

1. Describe a time when you felt God renewed your strength. How can you incorporate more “waiting on the Lord” in your current routine?
2. List practical steps you can take to establish healthy boundaries and depend more on God’s strength than your own.

# DAY 3

## PRESSED BUT NOT CRUSHED

### **2 Corinthians 4:8-9**

*We are pressured in every way [hedged in], but not crushed; perplexed [unsure of finding a way out], but not driven to despair; 9 hunted down and persecuted, but not deserted [to stand alone]; struck down, but never destroyed;*

### **REFLECT**

Life often feels like a pressure cooker, with demands and expectations coming from all directions. Many of us experience times when the weight of responsibilities at work, in relationships, and even in our spiritual lives feels overwhelming.

Paul's words in this passage resonate deeply with these experiences. He acknowledges the reality of being pressed on every side, yet reminds us that in Christ, we are not crushed. This isn't a promise of an easy life, but of God's sustaining presence amid difficulties.

Consider the person facing a season when multiple personal challenges converge at once. A significant relationship may be fracturing, financial pressure mounting, and health concerns creating a constant undercurrent of worry. The mental and emotional weight can feel crushing. Yet somehow, they find themselves bending but not breaking.

The difference isn't in the circumstances they remain genuinely difficult but rather in the foundation beneath them. Regular conversation with God, even when consisting mostly of wordless groans, keeps them tethered. Scripture provides perspective when thoughts spiral. Friends who simply sit with them in the pain without trying to fix it reflect God's faithful presence.

These experiences teach us that resilience isn't about never feeling pressured or confused, but about not being overcome by these feelings. It's about holding onto hope and God's promises even when circumstances are difficult. Paul doesn't deny the reality of suffering; he reframes it within the greater reality of God's sustaining power.

The beauty of this passage is its honesty. It validates our struggles while assuring us that those struggles don't have the final word. We can be knocked down without being knocked out. We can feel abandoned without being abandoned. This tension holds space for both our very real pain and God's very real presence.

## **REST**

Gently press your fingertips together, feeling the pressure but noticing how your hands maintain their shape. Increase the pressure slightly, then release. Notice how your hands spring back to their natural position. Like your hands, you can experience pressure without losing your essential form when God's strength supports you.

## **RESPOND**

1. Write about a situation where you feel particularly pressured. Then, rewrite the situation using Paul's contrasts (pressed, but not crushed; perplexed, but not in despair, etc.).
2. How does this perspective shift your approach to the challenge you're facing?

# DAY 4

## ANCHORED IN HOPE

### Hebrews 6:19-20

*This hope [this confident assurance] we have as an anchor of the soul [it cannot slip and it cannot break down under whatever pressure bears upon it]—a safe and steadfast hope that enters within the veil [of the heavenly temple, that most Holy Place in which the very presence of God dwells], 20 where Jesus has entered [in advance] as a forerunner for us, having become a High Priest forever according to the order of [a] Melchizedek.*

### REFLECT

In our rapidly evolving world, change is constant. Nowhere is this more evident than in today's workforce, where artificial intelligence and automation are transforming entire industries overnight. Skills that took decades to master can suddenly seem less valuable as new technologies emerge. For many mid-career professionals too experienced to start over yet too young to retire this technological revolution creates profound uncertainty.

This scripture speaks of hope as an anchor for the soul. But this isn't just wishful thinking or blind optimism. It's a hope firmly rooted in God's promises and the finished work of Jesus. It's a hope that holds steady when everything else seems to be in chaos.

Consider the experienced professional watching younger colleagues easily adapt to AI tools while they struggle

to keep pace. Industry publications proclaim that jobs like theirs may soon disappear entirely. The career path they've invested in for decades suddenly seems built on shifting sand rather than solid ground. In such moments, where does one find stability?

This is where the anchor of hope in Christ becomes most precious. While we should certainly develop new skills and adapt where possible, our ultimate identity and security aren't found in our professional relevance but in our unchanging relationship with God. Our value doesn't come from market demand for our abilities but from being eternally loved by our Creator.

This hope serves as an anchor, keeping us steady through technological disruption and career uncertainty. It doesn't eliminate the need to adapt or the reality of challenging transitions, but it gives us a peace that surpasses understanding. We navigate change with a calm and confidence that can only come from being anchored in something, someone beyond the volatility of this world.

## **REST**

Find a heavy object nearby; a book, water bottle, or paperweight. Hold it in your hands and feel its weight and solidity. This object represents the unchanging hope you have in Christ; substantial, reliable, and unshaken by the storms around you.

## **RESPOND**

1. Reflect on the areas of your life that feel threatened by rapid change or uncertainty. How can you anchor these areas in the hope we have in Christ?
2. Write a prayer of commitment, entrusting these areas to God while also considering practical steps toward adaptation and growth.

# DAY 5

## THE POWER OF PRAYER

### **Philippians 4:6-7**

*Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. 7 And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].*

### **REFLECT**

In our digital age, we're constantly connected to work emails, social media, news updates, and more. While this connectivity can be beneficial, it can also lead to information overload and increased anxiety. In this context, Paul's advice to the Philippians is more relevant than ever.

The pressure to curate a perfect online presence can be overwhelming. Social media platforms bombard us with images of what success, beauty, relationships, and even spirituality should look like. Many people find themselves anxious about measuring up to these often unrealistic standards. Even our most personal choices and values can feel scrutinized against trending hashtags and viral opinions.

Add to this the constant stream of news alerts, policy debates that directly impact our lives, and the expectation of immediate responses to messages, and it's no wonder

anxiety has become so prevalent. Our minds rarely get the silence needed to hear our own thoughts, let alone God's voice.

Paul's words offer a radical alternative. "Do not be anxious about anything" seems almost impossible in our notification-saturated world. Yet the pathway he suggests bringing everything to God in prayer with thanksgiving provides a practical approach to finding peace. This isn't about denying real concerns but about processing them in God's presence rather than in the echo chamber of our anxious thoughts.

When we take our digital overwhelm, our identity confusion, and our fears about fitting into an ever-changing world to God, something remarkable happens. The peace that guards our hearts and minds creates a boundary between what truly matters and what merely demands our attention. It doesn't eliminate the noise around us, but it changes how we respond to it.

## **REST**

Turn off all notifications on your phone or place it face down. Sit quietly for 30 seconds without checking anything or filling the silence. Notice how it feels to simply be present without digital input. This small act of disconnection creates space for God's peace to settle in your heart.

## **RESPOND**

1. List your current anxieties and concerns, particularly those related to digital overwhelm or social pressures. Turn each one into a prayer, making sure to include elements of thanksgiving.
2. Reflect on how this exercise impacts your perspective on these concerns. What boundaries might you need to establish to protect the peace God offers?

# WEEKEND REFLECTION

As we conclude Week 5, let's remember that cultivating spiritual resilience is an ongoing process. It involves persevering through challenges, finding renewal in God's strength, standing firm under pressure, anchoring ourselves in hope, and consistently bringing our concerns to God in prayer. May we continue to develop this resilience, knowing that it equips us to navigate life's ups and downs while staying connected to what truly matters.

## REST

Stand with your feet hip-width apart. Gently sway from side to side, noticing how you naturally find your balance again. Like a tree bending in the wind but not breaking, spiritual resilience allows you to flex with life's pressures while remaining rooted in your foundation.

## KNOW THAT THESE THINGS ARE TRUE:

- I am resilient through Christ who strengthens me.
- I am renewed as I wait upon the Lord.
- I am anchored in the unshakable hope I have in Christ.

## JOURNAL EXERCISE: RESILIENCE TOOLKIT

Create a page in your journal titled "My Spiritual Resilience Toolkit." Divide the page into five sections, one for each day of this week's devotional. In each section, write down a key truth or practice that you can use to cultivate resilience in challenging times. For example, under Day 1, you might write "Reframe challenges as opportunities for growth." This toolkit can serve as a quick reference when you need to realign during difficult times, reminding you of the practices that help you slow down and reconnect with God's strength.



WEEK

**06**

**NAVIGATING  
LIFE'S STORMS**



## **THIS WEEK'S INVITATION**

Welcome to the final week of Rad-iance! This week, we're creating space to slow down and focus on using our faith as an anchor through life's storms. We all face challenges and uncertainties, but with God's guidance, we can find our way through even the most tumultuous times. We'll explore how to realign with God's presence during difficult periods, understanding that trials can shape and refine us, and learning the importance of finding peace amidst adversity.

## **SCRIPTURES TO CENTER ON**

### **James 1:2-3**

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.*

### **Psalm 34:17-18**

*The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the broken hearted and saves those who are crushed in spirit.*

### **Isaiah 43:2**

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.*

## **REALIGNMENT FOCUS**

This week, we'll pause to realign with the truth that God's presence is our constant in life's variables. We'll discover how slowing down in the midst of storms allows us to hear His voice above the chaos and find the peace that comes from knowing we are never alone in our struggles.

# DAY 1

## JOY IN TRIALS

### **James 1:2-3**

*Consider it nothing but joy, my [a]brothers and sisters, whenever you fall into various trials. 3 Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]*

### **REFLECT**

In professional environments, we often conduct “lessons learned” sessions, a valuable opportunity to extract insights from both successes and failures. James takes this concept to a spiritual level, encouraging us to find joy in our trials because of the growth they produce.

Consider the various workplace challenges we face, initiatives that don’t meet expectations, difficult client interactions, or sudden shifts in organizational priorities. Our natural reaction to these situations is usually frustration, anxiety, or discouragement. Yet James invites us to a completely different perspective.

The workplace provides countless opportunities for this kind of growth-through-challenge. When a presentation falls flat, we learn humility and the importance of better preparation. When customers express dissatisfaction, we develop listening skills and patience. When market conditions force rapid adaptation, we cultivate flexibility and innovation. These “lessons learned” shape not just our professional capabilities but our character.

What makes James's teaching revolutionary is the invitation to consider these trials "pure joy." This isn't about denying the real difficulty of challenging situations. Rather, it's about recognizing their transformative potential. Just as organizations that learn from setbacks often emerge stronger and more resilient, our faith develops depth and maturity through testing.

The joy James speaks of isn't superficial happiness during difficult times. It's the deeper satisfaction of knowing that these experiences are producing something valuable, a tested faith that results in perseverance and completeness. It's the forward-looking joy of recognizing growth even while amid the challenge.

## **REST**

Hold a pencil or pen in your hand and gently bend it slightly, noticing how it flexes without breaking. Like this flexible tool, trials can bend us without breaking us when we allow them to develop our resilience rather than simply endure them.

## **RESPOND**

1. Reflect on a current challenge you're facing at work or in your professional life. What "lessons learned" might emerge from this situation? List three ways this trial could potentially strengthen your faith or character.
2. How might you intentionally approach this situation as an opportunity for growth rather than merely a problem to solve?

# DAY 2

## GOD'S PROXIMITY IN PAIN

### **Psalm 34:17-18**

*When the righteous cry [for help], the Lord hears And rescues them from all their distress and troubles. 18 The Lord is near to the heartbroken And He saves those who are crushed in spirit (contrite in heart, truly sorry for their sin).*

### **REFLECT**

In our technology-driven world, we're used to quick fixes and instant solutions. When we encounter a problem, we Google it, find a tutorial, or call tech support. But life's deepest pains and most complex problems aren't so easily resolved. It's in these moments that this Psalm offers profound comfort.

I recall a period of overwhelming heartbreak after a sudden breakup with someone I thought I would spend the rest of my life with. The pain felt all-consuming, leaving me sobbing and feeling utterly alone. It was in that raw moment of brokenness that something extraordinary happened. As tears flowed, I sensed a bright light shining upon me and felt embraced by what seemed like large, comforting arms carrying me like a child. The supernatural comfort was unmistakable and deeply personal.

This Psalm's truth became tangible reality: God doesn't stand at a distance when we're hurting. He draws near to the broken hearted. He doesn't always remove our pain immediately, but He is present in it. Like a loving parent

holding a devastated child, God's presence brings comfort even when the pain persists.

Though this manifestation of God's nearness happened over fifteen years ago and hasn't occurred again in the same way, the memory of that divine embrace has been a source of affirmation during other difficult seasons. God meets each of us in ways uniquely meaningful to us, whether through supernatural experiences, the compassion of others, unexpected peace, or timely scripture.

The beauty of this verse is that it completely reframes our understanding of brokenness. In a culture obsessed with projecting strength and success, we often view broken hearts and crushed spirits as failures to be hidden. Yet these very experiences become sacred meeting places with God. Our moments of greatest vulnerability can become moments of deepest connection with our Creator.

## **REST**

Place both hands gently over your heart. Close your eyes and feel its steady beat. With each heartbeat, remember that God is this close to you and not distant or detached, but intimately present with every breath you take, especially in your pain.

## **RESPOND**

1. Describe a time when you felt God's presence during a painful experience. What did you learn about God's character through this experience?
2. If you're currently going through a difficult time, write a prayer inviting God into your pain.

# DAY 3

## WALKING THROUGH WATERS

### **Isaiah 43:2**

*When you pass through the waters, I will be with you;  
And through the rivers, they will not overwhelm you.  
When you walk through fire, you will not be scorched,  
Nor will the flame burn you.*

### **REFLECT**

In the world of technology, we often hear about “disaster recovery plans”, strategies for maintaining operations when systems fail or crises hit. Isaiah 43:2 offers a spiritual disaster recovery plan, not by promising a trouble-free life, but by assuring us of God’s presence through every trial.

The global COVID-19 pandemic was a collective “walking through waters and fire” experience that tested humanity on an unprecedented scale. As the world grappled with lockdowns, isolation, economic uncertainty, and the loss of loved ones, many people found themselves navigating waters that threatened to overwhelm and fires that seemed to consume normal life.

During this crisis, Isaiah’s promise took on new meaning for countless believers. Churches couldn’t gather physically, yet many experienced God’s presence in profound new ways. Healthcare workers facing overwhelming circumstances reported moments of supernatural peace

amid chaos. Families separated by quarantines found new ways to connect and support one another.

The beauty of this promise lies in its honesty about life's challenges. It doesn't offer empty assurances that everything will always be fine. Instead, it acknowledges the reality of waters and fires, those overwhelming circumstances that threaten to consume us. Yet within that acknowledgment comes the greater reality of God's faithful presence.

Communities of faith demonstrated that courage isn't the absence of fear, but the assurance of God's presence amid it. As people faced impossible decisions and unprecedented challenges, many clung to this promise. The pandemic didn't disappear overnight, but people found strength to persevere, creativity to adapt, and eventually, a path through the waters and the fire.

This verse reminds us that we are not alone in our collective or individual struggles. The One who created the universe walks beside us through every trial, ensuring that while we may be refined by the fire, we will not be consumed by it.

## **REST**

Cup your hands and imagine them holding water. Notice how water flows through your fingers, you can't hold it permanently. Like water, many of life's challenges are temporary, flowing through our lives rather than drowning us when we trust in God's presence.

## **RESPOND**

1. Identify the biggest challenge you're currently facing. Write it down, then beneath it, write out Isaiah 43:2, personalizing it with your name.
2. Reflect on how this promise applies to your situation. What would it look like to trust God's presence as you walk through this "water" or "fire"?

# DAY 4

## THE REFINER'S FIRE

### **Zechariah 13:9**

*And I will bring the third part through the fire, Refine them as silver is refined, And test them as gold is tested. They will call on My name, And I will listen and answer them; I will say, 'They are My people,' And they will say, 'The Lord is my God.'*

### **REFLECT**

In the tech world, we often talk about “iterative improvement”, the process of continually refining and enhancing a product. Zechariah presents a spiritual parallel, describing how God refines us through trials, not to destroy us, but to purify and strengthen us.

I remember a challenging period in my career when I was pushed well outside my comfort zone. I was tasked with leading a project and presenting updates to senior leaders including the CEO. Despite knowing my work thoroughly, every presentation brought physical symptoms of anxiety, stomach pain, racing heart, sweaty palms, and confused thoughts. Month after month, these presentations felt disastrous.

When I was offered the opportunity to become a Sunday host at church, opening the service, praying and making announcements, I discovered that even in this spiritual setting, the same anxiety appeared. What seemed like it should be easy became another refining fire.

Over the course of 18 months, a remarkable transformation occurred. The encouragement of supportive people, initial training, and my own practice of learning to speak slowly all contributed to the transformation. Most importantly, I had spent time with God, leaning into His words and promises pertaining to my situation. Gradually, those overwhelming feelings diminished, now appearing only on rare occasions.

Looking back, I see how God used this experience as a refining fire. It taught me that God often has the best method for developing skills I lack, and I don't always need expensive training or countless tutorials. Sometimes I just need a safe place to begin the process and the courage to step into the fire.

Like silver or gold emerging purified, I came through this experience stronger in my faith and more equipped for future challenges. The refining wasn't comfortable, but the outcome was invaluable both in skills gained and in deeper trust in God's process.

## **REST**

Rub your hands together briskly for 10 seconds, feeling the heat from the friction. Now hold them still and notice how they gradually cool. Like this temporary heat that strengthens and warms, God's refining process may feel intense but produces lasting positive change.

## **RESPOND**

1. Reflect on an experience that felt like a "refining fire." How did you see God work through that situation? What impurities (e.g., fears, wrong motives, misplaced trust) were burned away?
2. How were you strengthened? If you're currently in a refining season, write a prayer surrendering yourself to God's purifying work.

# DAY 5

## UNSHAKABLE HOPE IN GOD

### **Romans 5:3-4**

*And not only this, but [with joy] let us exult in our sufferings and rejoice in our hardships, knowing that hardship (distress, pressure, trouble) produces patient endurance; 4 and endurance, proven character (spiritual maturity); and proven character, hope and confident assurance [of eternal salvation].*

### **REFLECT**

In the fast-paced world of technology and business, we're often focused on quick wins and immediate results. But Paul presents a different perspective, a long-term view of growth that starts with trials and culminates in hope.

Consider a journey many of us have experienced: adapting to significant life changes. Whether it's relocating to a new city, navigating a career transition, or adjusting to an unexpected change in relationships, these transitions often begin with a sense of disorientation and loss.

Initially, we might feel overwhelmed by unfamiliarity, missing old routines, struggling to build new connections, or questioning our decisions. The daily effort to establish new patterns feels exhausting. Yet as we persevere through these uncomfortable first steps, something begins to shift. Our flexibility increases, our problem-solving skills strengthen, and our self-awareness deepens.

As weeks turn to months, we notice changes in our character. We've become more empathetic toward others in transition, we appreciate different aspects of life than before, and we've learned to distinguish between essential values and mere preferences. Most significantly, our reliance on God often deepens as we discover His presence in unfamiliar settings.

From this character development emerges a hope that isn't based on perfectly smooth circumstances but on the recognition of God's faithfulness through every change. We develop confidence not that life will be easy, but that we are never alone in its challenges.

This progression from suffering to perseverance to character to hope isn't a one-time journey but a recurring cycle throughout our lives. Each time we go through it, our hope becomes more unshakable, anchored not in the stability of circumstances, but in the God who remains constant through every transition.

## **REST**

Take three steps forward, then three steps back to where you started. Notice that while you moved through different spaces, you ended up in the same secure place. Like this simple movement, life's changes may take you through various experiences, but God remains your constant home base.

## **RESPOND**

1. Draw a timeline of a significant trial in your life. Mark key points where you saw perseverance, character, and hope develop. Reflect on how this experience has shaped your faith. Then, consider a current challenge.
2. How can you apply what you've learned to this situation?

# CLOSING THOUGHTS

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As we conclude our six-week journey, remember that your faith is not just for calm seas but is especially vital when navigating life's storms. The challenges we face are opportunities for growth, refinement, and deeper reliance on God. May you continue to realign with God's truth and love, staying centered on what truly matters, no matter what winds or waves you encounter.

## **REST**

Place your feet firmly on the ground and extend your arms out to your sides for balance. Gently close your eyes and notice how your body naturally finds its center of gravity. Like this physical balance, your spiritual center in God provides stability no matter what storms surround you.

## **THINK ON THESE THINGS THAT ARE TRUE:**

- I am joyful in trials, knowing they produce perseverance.
- I am comforted by God's nearness in times of pain.
- I am protected by God's presence as I walk through life's waters and fires.
- I am being refined by God's loving hand, emerging stronger and purer.
- I am developing unshakable hope through the challenges I face.

## **JOURNAL EXERCISE: STORM NAVIGATOR'S TOOLKIT**

Create a “navigator’s toolkit” in your journal. Draw a simple circle in the center of the page representing your spiritual center. Around it, note the different “storms” you might face in life (e.g., work stress, relationship conflicts, health issues, spiritual doubts). For each storm, write a brief “navigation strategy” based on what you’ve learned in this devotional. This toolkit can serve as a quick reference when you find yourself in turbulent waters, reminding you how to slow down, realign, and reconnect with what truly matters when life feels overwhelming.

# Enter Into Rest

You weren't designed to keep pushing through. This six-week devotional is your permission to pause, to exhale, to hear God's voice above the noise and find your way back to the peace you already know deep down. In six-weeks you will

- Discover your authentic design and purpose
- Nurture spiritual growth at your own pace
- Build and Rebuild meaningful, lasting relationships
- Sustain your direction through life's changes
- Cultivate resilience for difficult seasons
- Find peace and strength in life's storms



Amen is a purpose and clarity devotional writer and founder of AlignHer. She helps women realign with their values and faith by creating tools that inspire quiet reflection and intentional living.

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