



14-DAY WALK WITH CHRIST

*A devotional journey designed especially for
spiritually aware women seeking to elevate
their spiritual vibration and deepen
their connection with God.*



Welcome to the **14-Day Walk with Christ**, a devotional journey designed especially for spiritually aware women seeking to elevate their spiritual vibration and deepen their connection with God.

Over the next two weeks, we will explore stories from the life of Jesus Christ that illustrate spiritual elevation, inner peace, healing, compassion, love, forgiveness, and surrender.

Each day's entry includes a Bible story or teaching, scripture reference, a short devotional reflection, guided journaling questions, and an affirmation and prayer to anchor the day's message. The tone is gentle and emotionally intelligent, inviting you to reflect deeply, receive Christ's compassion, and grow personally.

Use this workbook daily – perhaps each morning or evening – to center your heart on Christ. Read the biblical story and devotional, ponder the questions in your journal, and speak the affirmation and prayer out loud. As you journey, may you find your spiritual frequency rising, your inner peace growing, and your spirit aligning with God's divine purpose for your life.

Teresa Ford



Overview of the 14-Day Journey

To help you navigate the next 14 days, here is a quick overview of each day's focus, story, and scripture reference:

Day	Focus	Biblical Story & Reference
Day 1	Prioritizing His Presence	<i>Mary and Martha – Luke 10:38–42</i>
Day 2	Peace in the Storm	<i>Calming the Storm – Mark 4:35–41</i>
Day 3	Faith and Healing	<i>Woman with the Issue of Blood – Mark 5:25–34</i>
Day 4	Compassionate Love in Action	<i>Feeding the 5,000 – Matthew 14:13–21</i>
Day 5	Mercy and Forgiveness	<i>The Adulterous Woman – John 8:1–11</i>
Day 6	Renewed Purpose	<i>The Samaritan Woman – John 4:4–30, 39–42</i>
Day 7	Humble Service	<i>Jesus Washes the Disciples' Feet – John 13:1–17</i>
Day 8	Surrendering to God's Will	<i>Gethsemane Prayer – Matthew 26:36–46</i>
Day 9	Unconditional Love & Grace	<i>Forgiveness at the Cross – Luke 23:33–34</i>
Day 10	Hope and New Life	<i>The Resurrection – John 20:11–18</i>
Day 11	Glimpsing His Glory	<i>The Transfiguration – Matthew 17:1–9</i>
Day 12	Abiding in Christ	<i>The Vine and Branches – John 15:1–11</i>
Day 13	Stepping Out in Faith	<i>Peter Walks on Water – Matthew 14:28–33</i>
Day 14	Living in Divine Purpose	<i>The Great Commission – Matthew 28:16–20</i>

Each day is structured with the story and scripture, a devotional reflection, journal prompts, an affirmation, and a prayer. I highly recommend you spend time pondering on the scriptural passage you read. It has been my experience that it is not the words on the page but the things of the spirit that will communicate truth and guidance to you that will benefit you most. Let's begin this transformative walk with Christ!



Day 1: Prioritizing His Presence

The One Thing Needed – Luke 10:38–42

Scripture & Story:

Jesus visits the home of two sisters, Mary and Martha. Martha is busy with chores, while Mary sits at Jesus' feet, soaking in His teaching. When Martha complains that Mary isn't helping, Jesus gently corrects her: "Martha, Martha," He says, "you are worried and upset about many things, but only one thing is necessary. Mary has chosen the better part, and it will not be taken away from her". In other words, Mary's choice to be present with Christ – the "one thing needed" – takes priority over other distractions.

Devotional Reflection:

In our lives, especially as women with many responsibilities, it's easy to become "worried about many things" like Martha. We might fill our days with tasks – caring for family, work, church activities – all good things, yet sometimes neglect the best thing: sitting with the stillness of mind in Jesus' presence. Mary's example teaches us that prioritizing time with the Lord raises our spiritual vibration by aligning us with His peace and wisdom. When we choose Christ's presence as our priority, we elevate our spirit above daily anxieties.

Today, allow yourself to slow down and simply be with Jesus. Listen at His feet through scripture and prayer. In doing so, you affirm that He is your source of spiritual nourishment and inner peace. As you consistently choose this "one thing," you'll notice your heart becoming calmer and more attuned to God's voice. Like Mary, delight in the truth that time in Christ's presence "will not be taken away" from you – it anchors and elevates you no matter what chaos swirls around.

Journaling Questions:

When I reflect on my daily routine, what specific activities, habits, or thought patterns most often distract me from making time to sit at Jesus' feet?

(What do these distractions reveal about where I place my value, worth, or identity? If Jesus were to gently speak my name as He did Martha's, what "many things" might He invite me to release or surrender?)

What does it feel like—emotionally, spiritually, even physically—when I truly pause to be still in the Lord's presence?

(Recall a time when you experienced that calm, grounded clarity in His presence. What was different about your day or your spirit afterward? How can I return to that space more consistently and deliberately?)

What fears or subconscious beliefs might be keeping me from choosing "the better part"?

(Do I feel guilty resting or slowing down? Do I believe I must earn love or approval through productivity? How might Mary's example reshape my understanding of worth and spiritual alignment?)

Affirmations:

I am a beloved daughter of God, divinely nourished by the presence of Christ and grounded in eternal peace.

I am aligned with heaven's wisdom, choosing what matters most and releasing what does not.

I am radiant with the stillness of Christ within me; no chaos can shake the calm He has anchored in my heart.



Day 2: Peace in the Storm

Jesus Calms the Storm – Mark 4:35–41

Scripture & Story:

The disciples are caught in a sudden, fierce storm on the Sea of Galilee. Waves crash over the boat, filling it with water. As fear grips them, Jesus sleeps calmly on a pillow in the stern end of the boat. Desperate, they wake Him: “Master, carest thou not that we perish?” Jesus arises, and with divine authority “rebuked the wind, and said unto the sea, ‘Peace, be still!’. And the wind ceased, and there was a great calm”. The storm obeys Him! Then Jesus gently asks His disciples, “Why are you so afraid? How is it that ye have no faith?” Overawed, they whisper, “What manner of man is this, that even the wind and sea obey him?”

Devotional Reflection:

We all face “storms” in life – sudden crises, health scares, financial struggles, relational conflicts – that threaten to overwhelm us. We can feel like those disciples, panicked and wondering if God sees our peril. Jesus’ response shows that inner peace is possible even in chaos when we trust in His presence and power. The disciples had Jesus in their boat, yet they feared; we too forget that Christ is with us. But notice: before altering the circumstances, Jesus first demonstrates an unshakable calm (He was asleep!), then He speaks peace to the storm.

This reveals two lessons. First, Jesus is the master over every storm; His word carries authority to bring instant calm. Second, He desires to bring peace to our hearts as much as to our circumstances. “Peace, be still,” He says not only to the wind but also to our anxious souls. When we fix our eyes on Christ instead of the waves, our faith rises, and our spiritual vibration shifts from panic to trust. Peace is a person – Jesus Himself – present with you in every trial.

Even if the storm rages a while, you can experience a supernatural calm by anchoring your faith in the One who can bring you peace and calm. Today, invite Jesus into your life to support you and bring relief to any stress and fear. He has the power to bring peace in the midst of life’s internal or external storms.

Journaling Questions:

When I am in the midst of a “storm”—a trial that feels overwhelming or beyond my control—what is my usual inner dialogue?

(Do I question God’s nearness or care, like the disciples? What emotions take over first—panic, control, blame, hopelessness? What might those emotions be pointing to in terms of unhealed fear or trust that needs deepening?)

Jesus slept during the storm—calm, steady, unmoved. If He were physically present with me in my most anxious moments, what would I see in His face? What would He say to me as I trembled with fear or doubt?

(How might imagining this scene help me shift from internal chaos to divine calm? What does it reveal about the type of peace He offers me at this moment?)

What storm in my life has revealed the most about my faith?

(Did I find myself growing in trust, or did I struggle to believe that Jesus was with me? Looking back, how was He present in ways I didn’t recognize at the time? How can I anchor my faith differently the next time the waves rise?)

Affirmations:

I am anchored in Christ, and His peace lives in me, stronger than any storm around me.

I am divinely supported and never alone; Jesus is in my boat, and His presence is my peace.

I am created to carry calm in crisis, because the same Spirit that stilled the sea dwells in me.



Day 3: The Touch of Faith

Woman with the Issue of Blood – Mark 5:25–34

Scripture & Story:

A woman suffering from an issue of blood; a hemorrhage for 12 years, pushes through a crowd to reach Jesus. She has spent all her money seeking a cure, but no physician could heal her.

According to the Law of Moses, someone with an issue of blood was considered ritually “unclean”. She had been socially isolated, yet her desperation drove her to Jesus. Believing in His power, she thought, “If I just touch His clothes, I will be healed.” So she struggled to break through the crowd—came in the press behind, (Mark 5:27), as we must all struggle to break free, and touched his garment.

Jesus felt power go out from Him and asked who touched Him. Trembling, the woman confesses. Jesus tenderly says, “Daughter, thy faith hath made thee whole. Go in peace and be whole of they plague”. In that moment, not only is she physically healed, but her dignity is restored as Jesus calls her “Daughter,” affirming her worth.

Devotional Reflection:

This story shows the elevating power of faith. The woman’s bold belief literally drew power from Jesus. Though society saw her as an outcast, Jesus saw her faith and responded with compassion. He made it clear that it was her faith that had healed her: What a beautiful reminder that our faith – even when it’s a reach from a place of brokenness – can touch God’s heart. “God is moved to action by our faith”.

For us, raising our spiritual frequency means shifting from fear and hopelessness to expectant faith in Christ’s love and power. This woman had every reason to feel hopeless and ashamed, but she activated her faith and encountered Jesus’ healing.

Today, consider areas in your life that need healing or restoration – physically, emotionally, or spiritually. Bring them to Jesus with confident trust. Even if you feel “unclean” or unworthy, remember that He calls you “Daughter”, and He honors the risk you take in reaching out to Him. Your faith, no matter how frail, is precious to God. As you reach for Him, He responds with compassion, healing, and peace. Sometimes the answer is instant; other times it unfolds gradually – but in all cases, faith opens the door for God’s power.

Journaling Questions:

What area of my life feels “unclean,” untouchable, or too broken to be seen by others—or even by God?

(What emotional wounds, habits, or private pain have I lived with for “12 years,” hoping something would fix them but fearing I’m beyond healing? What would it look like to reach for Jesus from that place—not after I’m better, but while I still feel broken?)

This woman risked shame, rejection, and public exposure to get close enough to touch Jesus. What risks—emotional, spiritual, relational—might I need to take in order to reach for my own healing?

(Am I avoiding vulnerability in certain areas because I’m afraid of being seen? How might stepping out in faith, even trembling, open the door to the peace and restoration I long for?)

Jesus called her “Daughter”—restoring not only her body but her identity. If I heard Jesus speak a new name over me today, what would He call me to reflect my healed identity?

What name or truth have I needed to hear from God that reaffirms my worth, dignity, and place in His heart? How would believing that shift how I live, love, and carry myself going forward?

Affirmations:

I am made whole by the healing power of Christ—my faith reaches beyond fear and draws in divine restoration.

I am called “Daughter” by the Lord of mercy—my identity is sealed in love.

I am walking in peace, no longer bound by what once plagued me—Christ’s touch has redeemed my body, spirit, and story.

Day 4: Compassionate Love in Action

Feeding the 5,000 – Matthew 14:13–21

Scripture & Story:

A massive crowd of over 5,000 people has gathered to hear Jesus in a remote area. When evening comes, the disciples urge Jesus to send the people away to get food. Instead, Jesus says, “You give them something to eat,” and asks what they have. It isn’t much – just five loaves and two fish from a boy’s lunch. Yet Jesus takes that meager offering, gives thanks, and miraculously multiplies it to feed everyone, with baskets of leftovers!

The miracle begins with Jesus’ compassion: “When Jesus landed and saw a large crowd, He had compassion on them and healed their sick” (Matthew 14:14). Another account says, “He had compassion on them, because they were like sheep without a shepherd” (Mark 6:34). Moved by love, Jesus not only heals and teaches them but also meets their practical need for food in an extravagant way.

Devotional Reflection:

This event reveals the abundant, caring heart of God. Jesus wasn’t obligated to feed this crowd; He could have sent them away. But His love is generous and overflowing, concerned with every aspect of our well-being. One devotional writer noted, “When Jesus fed the five thousand, He wasn’t stingy or self-serving. He proved His love extravagant, generous, overflowing.”. Indeed, compassion led Jesus to action – He didn’t just feel pity, He did something, taking the little available and making it more than enough.

For us, raising our spiritual vibration means allowing Christ’s compassionate love to flow through us. When we operate from compassion, we align with God’s heart. Perhaps you feel your resources or energy are small (like a few loaves and fish), but in Jesus’ hands, a small act of love can multiply miraculously. Today, reflect on the compassion of Christ that has been given to you – how He cares for your needs big and small.

Let gratitude for His provision replace anxiety about “not having enough.” Then, consider how you might be the disciple who offers what you have to bless others. Extravagant love doesn’t necessarily mean grand gestures; it can be a simple willingness to share and serve, trusting God to multiply the impact. As you do, you participate in Christ’s ongoing miracle of compassionate love in action.

Journaling Questions:

Where in my life do I feel like what I have—my time, energy, talents, or emotional capacity—is “not enough”?

(In what ways might I be withholding my offering because I fear it’s too small to make a difference? What would it look like to trust Jesus with my “five loaves and two fish,” even if they feel inadequate?)

Jesus was moved with compassion—not obligation—when He met the needs of the crowd. How have I personally experienced this kind of compassionate love from God in my own life?

(Recall a time when God provided for you in an “extravagant” or unexpected way. What did that provision teach you about His nature and His care for every part of your well-being?)

What does compassionate love in action look like for me right now?

(Is there someone in my life who needs to feel seen, fed, or supported—and do I sense God prompting me to respond? How can I shift from passive empathy to active generosity, trusting that Christ can multiply my offering far beyond what I see?)

Affirmations:

I am divinely provided for—what I bring to Jesus, however small, is multiplied beyond measure by His compassionate love.

I am sustained by the abundant grace of Christ—His miracles meet my need before I even know how to ask.

I am a vessel of divine generosity—what flows through me in faith becomes nourishment and blessing for others through His hand.

Day 5: Neither Do I Condemn You

The Woman Caught in Adultery – John 8:1–11

Scripture & Story:

A woman caught in the act of adultery is dragged before Jesus by religious leaders. They cite the law that such a woman should be stoned to death. It's a trap meant to corner Jesus: will He uphold the law or show mercy? Jesus responds by saying, "Let him who is without sin cast the first stone."

One by one, the accusers slip away, convicted by their conscience. Soon only Jesus and the woman remain. He asks her, "Has no one condemned you?" She replies, "No one, Lord." Jesus then says those life-giving words: "Neither do I condemn thee: go and sin no more." (John 8:11). In this powerful moment, the only sinless one who had the right to condemn her chooses to forgive and release her. It's a profound lesson in mercy, grace, and new beginnings.

Devotional Reflection:

Imagine the woman's emotional state – dragged publicly in shame, fearing for her life, acutely aware of her guilt. Yet Jesus, full of compassion, defends her dignity and frees her from both execution and condemnation. He doesn't excuse the sin ("sin no more" shows He calls her to change), but He clearly forgives her and gives her hope for a new life.

This story illustrates that "mercy triumphs over judgment" (James 2:13) – the heart of the gospel. For us, raising our spiritual vibration means moving out of guilt, shame, and judgment into the higher frequency of grace, forgiveness, and love. Perhaps you carry regret or shame over past mistakes. Hear Jesus speaking to your heart: "Neither do I condemn you." If the Son of God does not condemn you, you are truly free! Accept His forgiveness and let it elevate you to walk in newness, leaving the past behind.

Also, consider how Jesus' example challenges us to be non-judgmental toward others. We are often quick to "cast stones" of criticism or harbor unforgiveness. But Christ's followers are called to extend the same grace we've received. Are there people you need to forgive or refrain from judging? As you embrace mercy – both for yourself and others – you align with Christ's heart and invite a gentle, healing spirit into your life. Forgiveness is liberating. Jesus proved on that day that His mission was to save, not to condemn, and that remains true for you today.

Journaling Questions:

What is a moment or mistake from my past that still carries a weight of guilt or shame— and how has that weight influenced how I see myself, relate to others, or show up before God?

(If I could hear Jesus say, “Neither do I condemn you” in that very moment, how would it shift the story I tell myself today? What part of my heart still needs to believe I am already forgiven?)

How do I tend to respond when others make mistakes—especially ones that mirror my own struggles or unhealed wounds?

(Is there someone I’ve been “casting stones” at in my heart? What would it take to release judgment and meet them with the same mercy Christ extended to me?)

Jesus didn’t deny the woman’s sin, but He freed her from its power through forgiveness and love. What might “go and sin no more” look like for me in this season of life—not as a demand, but as an invitation to live free and whole?

(What habits, thought patterns, or relationships is Jesus inviting me to walk away from so I can step fully into the new life He’s already offering me?)

Affirmations:

I am safe in His grace—when I fall short, His love lifts me, teaches me, and leads me forward.

I am washed in divine grace, free to walk forward in truth, wholeness, and divine purpose.

I am the living proof of God’s love—where shame ends and my soul begins again in sacred renewal.

Day 6: Living Water for the Soul

The Samaritan Woman at the Well – John 4:4–26, 39–42

Scripture & Story:

Jesus encounters a Samaritan woman by a well, breaking several social taboos – Jews normally despised Samaritans, and men didn't openly talk with unrelated women. Yet Jesus not only speaks to her, He asks for a drink and then offers her something far greater: "living water." As they talk, it's revealed that this woman has had a painful life (five previous husbands and currently with a man not her husband), likely leaving her socially shamed and spiritually thirsty.

Jesus gently exposes her truth, not to shame her, but to awaken her heart to true worship and the Messiah standing before her. Moved and amazed, the woman leaves her water jar, runs back to town, and tells everyone about Jesus. As a result, many Samaritans believe in Him because of her testimony. In fact, she becomes one of the first evangelists for Christ, bringing her whole community to meet Him.

Devotional Reflection:

This story is rich with meaning for our spiritual growth. First, it highlights how deeply Jesus knows and loves us, even with our messy past. He saw this woman's genuine spiritual hunger beneath her troubled history. Instead of judgment, He offered her acceptance and the living water of His Spirit to satisfy her deepest thirst. This living water represents the Holy Spirit and eternal life welling up within us (John 4:14). When our spiritual frequency is low – when we feel empty, rejected, or defined by past failures – Jesus meets us there. He breaks through barriers to reach our hearts, saying in effect, "I never want you to spiritually thirst again. I want to give you the living water of eternal life."

The transformation in the Samaritan woman is striking: from an outcast drawing water in the heat of day to a bold witness proclaiming the Messiah! Remarkably, Jesus chose her to reveal Himself openly as Messiah and to spark revival in her town. This shows that no matter our gender, age, or past, God can use us powerfully when we're aligned with Him.

For you, raising your spiritual vibration may mean accepting that you are loved and chosen by God right now, as you are. Let Jesus' living water fill the dry places in your soul – places of hurt, regret, or longing.

As you drink of His grace, you'll find healing and a renewed sense of purpose. You can radiate the joy of someone who "met a man who told me everything I ever did – and loved me anyway!" Let Christ's unconditional love elevate your self-worth and spur you to share His love with others. When our identity is secure in Christ, our frequency is one of confidence, joy, and authentic worship "in spirit and truth."

Journaling Questions:

If Jesus were to meet me at the “well” of my life today—the place I go to hide, cope, or survive—what deep truth about me might He gently speak aloud, not to shame me, but to set me free?

(How would it feel to be fully seen and still fully loved? What old story about myself am I ready to release in order to receive His “living water”?)

Like the Samaritan woman, I may carry a history of pain, rejection, or choices I regret. What parts of my story have I been hiding that God may want to use as the very foundation of my testimony?

(How might my past pain become someone else’s pathway to hope if I allow myself to be vulnerable and bold in sharing how Jesus met me there?)

This woman left behind her water jar—a symbol of her old identity and patterns—and ran toward her purpose. What am I still carrying that I no longer need, and what is Jesus inviting me to drop so I can move forward in alignment with His love and calling?

(What would it look like for me to walk away from shame and into spiritual confidence, knowing I, too, am chosen to carry His message?)

Affirmations:

I am filled with living water—my past no longer defines me; Christ has quenched my deepest thirst with truth and grace.

I am fully seen and deeply loved by Jesus—He meets me in my brokenness and reveals my divine worth.

I am a radiant witness of Christ’s redeeming power—my life reflects the living light that draws others to Him.

Day 7: The Servant Heart

Jesus Washes the Disciples' Feet – John 13:1–17

Scripture & Story:

On the night of the Last Supper, Jesus does something extraordinary. Knowing that He is about to suffer and depart out of this world unto the Father, “He now showed them the full extent of His humility and love” (John 13:1). He rises from the meal, lays aside His outer garment, wraps a towel around His waist, and begins to wash His disciples’ dusty feet one by one. This was a task normally reserved for the lowest servant. Peter is uncomfortable with the Lord doing this, but Jesus insists, saying that later Peter will understand. Afterward, Jesus explains: “If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet... I have set you an example that you should do as I have done for you” (John 13:14–15). Jesus, in this humble act, demonstrates love through lowly service. It’s also a symbolic cleansing, pointing to the deeper cleansing of forgiveness He provides. But in that moment, the disciples simply witness pure humility and love in action – the Master serving His followers.

Devotional Reflection:

Imagine God kneeling before His mortal creations, gently cleaning the dirt from between their toes. It’s a shocking and beautiful picture of humility. Jesus knew who He was (“all power had been given into His hands, and that he was come from God, and went to God” John 13:3), yet He stooped low to lift others up. By washing their feet, “Jesus showed them just how far His love would go” – even to the point of foreshadowing the next day, when He would stretch out His hands on the cross in the ultimate act of love.

Spiritual elevation comes through humility and service. When we serve others in love, our spiritual frequency resonates with Christ’s own life. Today, consider how you can “wash the feet” of those in your life – perhaps not literally, but through humble acts of kindness: doing an unnoticed chore, listening patiently, helping someone who can’t repay you.

Each act, done in love, raises the spiritual atmosphere around you and within you. Jesus said, “If you know these things, you will be blessed if you do them” (John 13:17). There is a deep joy and blessing in serving with a Christ-like heart. Additionally, let this story speak to any pride or hesitation in you: Are you willing to receive help or grace from others?

Peter nearly refused Jesus’ washing – sometimes accepting love from someone we revere can be as humbling as offering it. Embrace both giving and receiving service in a spirit of grace. A servant’s heart is not a sign of weakness but of great inner strength and love. As you cultivate this humility, you walk in the footsteps of Jesus, who said, “Whoever will be great among you, let him be your minister” (Matthew 20:26).

Journaling Questions:

What part of me still resists “stooping low” in love — whether through unnoticed service, vulnerability, or forgiving someone who doesn’t deserve it?

(Is there a place in my life where pride, discomfort, or fear keeps me from serving wholeheartedly — or receiving service from others? How might Jesus' example invite me to lay down my outer garment of self-protection and take up the towel of humility?)

Jesus washed the feet of every disciple, including Judas. What would it look like for me to love and serve someone who has hurt or misunderstood me?

(What would that require of me emotionally or spiritually? How might doing so heal something in me — not just them — and align my heart with Christ's compassion and maturity?)

Serving others is not just about doing — it's about becoming. How is Jesus using my current relationships or life circumstances to teach me the kind of humility that refines the soul?

(What does it mean for me personally to embrace greatness through servanthood? Where in my life is God inviting me to go lower so that I can rise higher in love, freedom, and grace?)

Affirmations:

I am divine love in motion, clothed in humility and empowered by Christ to serve with grace and compassion.

I am cleansed and consecrated by the hands of my Savior—His love flows through me as a healing force in the lives of others.

I am the living expression of Christlike service; as I lift others, I rise in spiritual power and eternal purpose.



Day 8: Not My Will, But Yours

Gethsemane – Matthew 26:36–46

Scripture & Story:

In the Garden of Gethsemane, on the night before His crucifixion, Jesus faces an overwhelming wave of sorrow and dread. He tells His closest friends, “My soul is exceeding sorrowful, even unto death; tarry ye here, and watch (stay awake) with me.” (Matthew 26:38).

Going a little farther into the olive grove, Jesus falls face-down and prays in agony. He pleads with the Father that, “if thou be willing, remove this cup from me” Yet in the same breath, He surrenders: “nevertheless not my will, but thine be done.” (Luke 22:42).

He prays this repeatedly, while trembling because of pain, and bleed at every pore, hoping he would not have to drink the bitter cup of crucifixion. An angel appears to strengthen Him. Eventually, Jesus rises with resolve – His prayer has aligned His heart with the Father’s will. He finds the disciples sleeping (exhausted from sorrow), but now the hour has come. Jesus is ready to glorify the Father, trusting the plan for which he was sent.



Devotional Reflection:

Gethsemane shows us Jesus' humanity and His perfect obedience. If even Jesus struggled with dread and had to wrestle in prayer to surrender His will for God's, how much more do we need to process our own struggles and align with God's will for our lives.

Jesus' honesty in prayer teaches us that we can pour out our true feelings to God. God invites our honesty in how we feel; He wants us to build a relationship with Him by returning the very gift of agency, he gave to us in order to align our will to his.

Jesus' ultimate yielding – “not my will, but thy will be done” – models the heart posture that truly elevates us spiritually. Surrender is not about loss; it's about trust in God's goodness, wisdom, and foresight. When we cling to our own will, our spiritual frequency often resonates with fear, control, or pride—it's the natural man—who is an enemy to God.

But when we release our will to God, we step into a higher realm of peace and purpose. It may be painful in the moment, but it ultimately leads us down a path of happiness because the resistance to it has left us.

Christ's words and actions here serve as a great comfort to us – we learn that we too can pour out our hearts and then trust God to carry our burdens. What is your “Gethsemane” right now? In what area is God asking you to trust Him and surrender?

Surrendering doesn't mean you want the hard thing; it means you choose God's way even if it's hard, believing He will bring good from it. It's knowing there is always a solution and He will help you through it in ways you couldn't come up with on your own.

There is spiritual power released in the prayer of surrender – the angels ministered to Jesus in Gethsemane, and He emerged strengthened. You too will find that when you say “Thy will be done,” God's grace will meet you where you are, as you are, and empower you. Over time, you'll likely look back and see how His hand in your life was a far better plan than the one you might have clung to out of fear. Surrender aligns us with divine purpose, which always leads to greater spiritual growth and ultimately, peace.

Journaling Questions:

What “cup” in my life do I wish would pass — a situation, calling, or season that feels too heavy, too painful, or too unclear to carry?

(What thoughts or fears come up when I imagine fully surrendering this situation to God? Can I allow myself to say, even with trembling, “Not my will, but Yours,” and trust that He will meet me in the surrender?)

Jesus fell face-down in prayer and poured out His anguish honestly. Where in my life have I been withholding honesty from God — trying to appear strong, composed, or faith-filled — instead of vulnerable and real?

(What would it feel like to bring my raw emotions and unmet expectations to Him without shame? What permission do I need to give myself to be fully seen in prayer?)

What do I most fear will happen if I give up control in this area of my life — and what might I gain spiritually if I do?

(Have I experienced moments in the past when surrender eventually led to deeper peace, clarity, or unexpected goodness? How does remembering God’s past faithfulness empower me to release the outcome now?)

Affirmations:

I am surrendered in divine trust—my will aligned with the will of the Father, as Christ taught in the garden of Gethsemane.

I am upheld by heavenly strength; when I kneel in agony, angels minister to my soul and God’s peace steadies my heart.

I am spiritually fortified through obedience—what once felt bitter becomes holy when I walk with Christ into God’s perfect will.



Day 9: Father, Forgive Them

Love and Forgiveness at the Cross – Luke 23:33–34

Scripture & Story:

Jesus has been betrayed, beaten, and nailed to a cross. As He hangs in excruciating pain, the soldiers gamble for His clothes, the onlookers jeer, and even the two criminals crucified beside Him mock Him. In the midst of unimaginable agony and injustice, Jesus lifts His eyes to heaven and prays, “Father, forgive them, for they do not know what they are doing.” (Luke 23:34).

This single sentence is astonishing. Jesus doesn’t curse His executioners or plead for relief; He intercedes for the very people responsible for His suffering. It is “a prayer of unmatched mercy and love.” Even as His blood is being shed by His enemies, Jesus’ concern is their forgiveness and salvation. His prayer echoes the purpose of the cross itself – to provide forgiveness for sinners.

Devotional Reflection:

Here we witness the pinnacle of divine love. If ever there was a moment Jesus could have justified anger or hatred, this was it. Yet He demonstrates that love is stronger than hate, and mercy triumphs over cruelty. By forgiving His enemies in real time, Jesus lived out His own teaching: “Love your enemies and pray for those who persecute you” (Matthew 5:44). For us, this challenges and inspires on many levels. On a personal level, it invites us to release any bitterness or unforgiveness we harbor. If Jesus could forgive those who tortured and killed Him, surely His grace can empower us to forgive the lesser wrongs done to us. Carrying grudges or anger keeps our spiritual frequency weighed down with darkness; forgiveness, by contrast, frees us into light and healing. That doesn’t mean forgiveness is easy. It might be one of the hardest steps in elevating spiritually, especially if we’ve been deeply hurt. But remember, when Jesus prayed “Father, forgive them,” He was also feeling the pain.

Forgiveness is an act of will aligned with love, not a denial of pain. We can start by praying for those who have hurt us, as Jesus did, asking God to work in their hearts and ours. On another level, Jesus’ prayer from the cross assures us of God’s forgiveness for us. No sin is too great that Jesus’ sacrifice cannot forgive.

Perhaps you struggle to forgive yourself for something. If Christ forgave His worst enemies, He also offers that same forgiveness to you. Accept it. Let His mercy wash over the shame and guilt you carry. Living in the reality of God’s forgiveness raises your spiritual vibration to one of gratitude, freedom, and love. Finally, consider the broader impact: Jesus’ loving prayer led to the salvation of even some of those present (a Roman centurion and, according to tradition, one of the thieves had a change of heart).

Our acts of forgiveness and love can likewise soften hearts and release God’s redemptive work around us. It’s said, “To forgive is to set a prisoner free and discover the prisoner was you.” Today, identify any remaining unforgiveness in your heart and bring it to the foot of the cross, where the ground is level and mercy flows abundantly.

Journaling Questions:

Is there someone in my life — past or present — whom I struggle to forgive? What would it mean for me to lay down the need for justice or apology, and instead ask, like Jesus, “Father, forgive them”?

(What emotional cost am I paying by carrying this weight? How might choosing to forgive, even if I don't feel ready, begin to release me from the grip of bitterness or pain?)

Jesus forgave in the midst of agony, showing that forgiveness doesn't require the absence of pain — only the presence of love. What hurt am I still holding that I haven't dared to bring into God's presence with a willingness to forgive?

(What fear, pride, or self-protection might be keeping me from allowing grace to do its healing work? What would it look like to surrender this wound at the foot of the cross?)

Do I believe there is something in my past — a mistake, failure, or pattern — that is too great for God to forgive?

(If I heard Jesus whisper over my life today, “You are forgiven,” how would that change how I see myself? What thoughts, shame, or guilt is He inviting me to stop rehearsing so I can walk free in the reality of His mercy?)

Affirmations:

I am set free through Christ: bitterness dissolves and peace reigns in my heart.

I am an instrument of healing and mercy—God's love flows through me, restoring all it touches.

I am upheld in the perfect love of Jesus Christ, where no grievance can root and no wound remains unhealed.



Day 10: New Morning, New Hope

The Resurrection – John 20:11–18

Scripture & Story:

It's early on the first day of the week after Jesus' crucifixion. Mary Magdalene is weeping outside His tomb, devastated by His death and now alarmed that His body is missing. In her grief, she doesn't recognize the risen Jesus when He first appears to her; so intent on finding his body that his risen body escaped her recognition. She thought the one in front of her was the gardener. But then Jesus calls her by name, "Mary."

At that moment, she realizes it is Jesus and cries out, "Rabboni!" (Teacher). This is the first appearance of the risen Christ, and it is to a woman who had been a devoted follower of His. Jesus gives her a message to go tell the others that He is alive. Mary runs to the disciples announcing, "I have seen the Lord!" (John 20:18). Meanwhile, other resurrection encounters follow – Jesus appears to the other women, to Peter, to two disciples on the road to Emmaus, and eventually to all the apostles. The dark sorrow of Good Friday is eclipsed by the dawn of Easter – Jesus is alive forevermore, and with Him, hope is reborn.

Devotional Reflection:

The Resurrection is the ultimate game-changer. For Mary Magdalene, in a moment, her despair turned into indescribable joy. Jesus had delivered her from seven demons earlier in His ministry, and she had faithfully stayed by His cross and tomb. Her heartbreak at losing Him was deep, but Jesus came to her personally in her sorrow, calling her by name. This shows us that no matter how dark our night, God can bring a joyful morning.

When we feel grief, hopelessness, or “death” in some area of life, the risen Christ is able to bring new life and hope. Mary was not only comforted – she was commissioned to be the first herald of the resurrection, a role of great honor. God often uses our greatest turnarounds as the foundation of our testimony to others.

Spiritually, living in light of the resurrection means we are never without hope. Jesus conquered even death; nothing is impossible or irredeemable for God. Are you facing what seems like a dead end or a season of grief? Remember that God’s power to restore is at work. Sometimes we, like Mary, might not recognize Jesus’s working at first because we’re so consumed by tears or confusion. But He is present, speaking our name, inviting us to see the situation through eyes of faith. Raising your spiritual frequency in this context means choosing hope over despair, embracing each new day as a gift – a new morning with new mercies.

Continued...

One of the miracles foretold by Jesus to those of the Jewish faith asking for a sign, was that in John 2:19, “Destory this temple (body), and in three days, I will raise it up.” He was referring to His future resurrection; the reuniting of his body and spirit 3 days after His crucifixion. He kept his promise and rose on the 3rd day. He did something that had never been done before. Yes, he had raise others from the dead but no one has had the power to raise themselves from the dead. In this, we can surely trust Christ to do what he says he will do no matter how far fetched it may seem to those of us who are new to witnessing His miracles.

And now, because Jesus lives, we can face tomorrow with courage, expectation and belief in Him. As the apostle Peter later wrote, in His great mercy, He has given us new birth into a living hope through the resurrection of Jesus Christ. (1 Peter 1:3).

Today, align yourself with that living hope. Let the hope and joy of the resurrection fill your heart. Like Mary, let the fact that you have seen the Lord – at work in your life, in answered prayers, in creation’s beauty, in Scripture’s promises – propel you to share good news and encourage others.

Journaling Questions:

What area of my life currently feels buried, lifeless, or too far gone — a relationship, dream, identity, or part of me I've stopped hoping for?

(If Jesus stood beside me in that place today and gently called me by name, what would He be inviting back to life? What new hope or next step is He whispering to my heart that I may not have noticed in the midst of sorrow, confusion, or delay?)

Mary didn't recognize Jesus at first through her tears. What are the emotional or mental "filters" that make it hard for me to perceive Jesus' presence in painful seasons?

(What past experiences might have shaped how I view grief, loss, or endings — and how can I begin to see them through the lens of resurrection instead?)

Mary was entrusted with the honor of sharing the good news — even before the apostles. What have I seen or experienced of Jesus lately that might be part of my own testimony to share?

How is God turning my sorrow into a message of joy and hope for others? Where might I be called to speak life and encouragement from what I've lived through?

Affirmations:

I am held in the living hope of Christ—His resurrection power renews me now, and I walk in the fullness of His divine love.

I am called by name—my Savior meets me in every shadow and floods my soul with light.

I am a powerful witness of the Christ's life—His redeeming power lives in me, and His light goes before me in all things.

Day 11: Glimpses of Glory

The Transfiguration – Matthew 17:1–9

Scripture & Story:

Jesus takes three disciples – Peter, James, and John, his brother – up a high mountain. There, something miraculous happens: Jesus is transfigured before them. His face did shine like the sun, and His clothes became white as the light. Suddenly, Moses and Elijah (great figures of the Old Testament) appear with Jesus, talking with Him.

A bright cloud signifying God’s glory-filled presence envelops them, and a voice from the cloud declares, “This is My beloved Son, in whom I am well pleased; hear ye Him!”. The disciples were awestruck and afraid.

Coming down the mountain, Jesus instructs them not to tell anyone of this vision until after His resurrection. The Transfiguration was a brief unveiling of Jesus’ divine glory, a peek into the spiritual reality that Jesus is not just a humble teacher, but the radiant Son of God.

Devotional Reflection:

Consider how this event impacted the disciples. They had walked with Jesus in ordinary ways, and now they see Him in a heavenly light. This experience likely strengthened their faith by opening their eyes, clarifying his teachings with a personal witness, for the trials to come. They were able to know for themselves, not just to believe, that Jesus truly had all power and majesty, even if it was usually veiled.

Sometimes God grants “mountaintop” experiences – moments as witnesses of intense spiritual clarity, knowingness, or pure joy – to encourage us. We might experience this during meditation, worship, prayer, or in nature’s beauty as we turn our hearts to God to hear Him.

These moments elevate our spirit, reminding us that our true nature belongs and thrives with God. Peter wanted to stay in that moment, but part of the lesson is that we’re given glimpses of glory to be a witness as every day life unfolds.

For your spiritual journey, think about any moments you’ve been given a witness to know of God’s love for you or of the truth of your Savior, Jesus Christ through the Spirit or having specific prayers answered directly. Those help anchor for your faith. These are elements of transfiguration.

If you haven’t had something you’d term a transfiguration moment, know that even the steady growth understanding God’s word and the gradual transformation of your character from glory to glory (2 Corinthians 3:18) is part of connecting the dots of miraculous shifts and changes in your spiritual progress.

Continued...

Spiritual elevation often comes in learning to see God's glory in Christ in the everyday busyness of life – answered prayers, acts of love, the beauty all around us. Also, the Transfiguration encourages us that Jesus is far more than a wise man; He is the Divine Son of God.

Fixing our eyes on His glory lifts us above the mundane and difficult aspects of life. When we remember that the One we pray to shines like the sun and holds counsel with Moses and Elijah, our problems assume their appropriate weight before His grandeur because, again, through Christ, all things are possible.

Today, allow yourself to worship your Savior Jesus Christ in all his Glory. Imagine Him radiant and exalted, yet tender enough to touch you (after the vision, Jesus came to the fearful disciples and said “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. ” (John 14:27).

Let worship elevate your spirit. And commit to hear Him – give His counsel priority in your life, as the Father directed. The more we see our Savior's true purpose to lift our burdens and ease our pain as the advocate with the Father, the more our own lives will be transfigured by His light.

Journaling Questions:

Have I ever experienced a “mountaintop moment” — a time when I felt unusually close to God, filled with clarity, joy, awe, or deep peace?

(What did that moment reveal about God’s presence or character? How did it impact my faith? What might Jesus have been revealing about Himself that I need to carry back with me into the everyday valleys of life?)

The Father’s voice said, “This is My beloved Son... listen to Him.” What does “listening to Jesus” look like for me right now in my life, decisions, or relationships?

(Are there any areas where I’ve been hearing Him but not following through? Where might I need to elevate His voice above the noise of fear, pressure, or distraction?)

The Transfiguration reminds us of Jesus’ divine majesty. How does remembering His glory — that He is more than a teacher, but the radiant Son of God — shift my perspective on the problems or challenges I’m currently facing?

(What happens when I view my life through the lens of Jesus’ glory and power instead of through my limitations? Where might worship lift my spirit and bring clarity today?)

Affirmations:

I am the living remembrance of Christ’s majesty—His glory shines through every moment I witness with spiritual eyes.

I am transfigured by the radiant Spirit of Christ—grace upon grace flows through me, and His divine nature is made manifest in me now.

I am firmly rooted in eternal truth—unshakable, illuminated, and established in the light of Christ’s infinite wisdom.



Day 12: Abide in My Love

The Vine and the Branches – John 15:1–11

Scripture & Story:

On the night before His crucifixion, after the Last Supper, Jesus teaches His disciples using the metaphor of a vine and branches. (John 15:5) He says, “I am the vine, ye are the branches: He that abideth in me, and I in him, bringeth forth much fruit: for without me ye can do nothing.”

He speaks of how a branch can only be fruitful if it remains connected to the vine, otherwise it withers. Likewise, He urges us to abide in Him. He also says, “As the Father has loved me, so have I loved you: continue ye in my love...these things have I spoken unto you, that my joy might remain in you, and that your joy might be full.” (John 15:9,11).

This intimate teaching promises that if we stay closely connected to Jesus through love and obedience, our lives will naturally produce good fruit (character, good works, spiritual impact) and we will experience fullness of joy.

Devotional Reflection:

The word abide means to stay, remain, dwell. Jesus invites us into a continual, living union with Him – much like a branch receives constant nourishment from the vine.

This is a comforting and challenging analogy. Comforting, because it means we're not expected to raise our spiritual frequency by our own strength; our job is simply to stay connected to Jesus, and He supplies the life force of the Spirit we need. Challenging, because it reminds us that disconnected from Him, we "can do nothing" of true spiritual value. But as is common to most humans, when stress rises, we seek distraction rather than stillness which increases disconnection. Our goal is to increase connection by staying connected.

Abiding is largely about relationship: prayer, reading scripture, asking and listening to receive answers, or walking in His presence throughout the day. Think of it as maintaining a conscious awareness of Christ's love in everything. When we do that, we become like a healthy branch – green, alive, and fruitful. Fruit in our lives can be the fruit of the Spirit (love, joy, peace, patience, etc.), which are high vibrational qualities that bless us and others. It can also be the fruit of influence – touching others with Christ's love, seeing prayers answered, connecting the dots to recognize miracles, good works in the service of the highest good of all. But note: branches don't strain to bear fruit; they just remain attached to the source. So if you focus on communion with Christ, fruit will happen naturally in season.

Continued...

Additionally, Jesus specifically says “abide in my love.” That suggests resting in the knowledge that we are deeply loved by Christ (with the same love the Father has for Him!). When you truly know you’re loved unconditionally, your spiritual energy rises in confidence and peace.

You’re not anxiously striving, you’re securely growing. Today, evaluate: how is your connection to the Vine? What needs to be cleared so the life of Christ flows freely in you? Take time to simply be with Jesus, acknowledging Him in the mundane tasks, whispering prayers of thanks or need.

Choose to remain in His love by reminding yourself often, “Jesus loves me as the Father loves Him – immensely!” Let that love nourish your soul. As you abide, you will notice more inner peace and joy. Jesus promised, “...that my joy might remain in you, and that your joy might be full.” (John 15:11). Even if outward circumstances are hard, there’s a steady, resilient joy and strength when we live plugged into our Source.

Journaling Questions:

What does “abiding in Christ” look like in my current season of life?

(Do I feel deeply connected to Him day-to-day, or has my spiritual life felt more like striving than resting? Where might I be relying on my own strength rather than remaining rooted in the Vine?)

Jesus said, “As the Father has loved Me, so have I loved you.”

(How do I receive that truth? Do I fully believe Jesus loves me with the same deep, eternal, perfect love that the Father has for Him? What would change in my thoughts, habits, or confidence if I truly abided in that kind of love every day?)

Abiding means presence – simply being with Jesus in the quiet, in the daily tasks, in the highs and lows.

(Where in my daily routine could I create more room to simply “be” with Jesus – not to perform or produce, but to listen, rest, and receive? What might I need to release in order to cultivate that space for stillness and divine connection?)

Affirmations:

I am a living branch of the True Vine; divine love and Spirit flow through me now, quickening every part of my life with spiritual gifts.

I am rooted in sacred connection; Christ’s presence holds me, His wisdom guides me, and His strength sustains me in perfect harmony.

I am growing in the vineyard of divine grace; I bear love, peace, and joy in abundance as I abide in the everlasting embrace of my Redeemer.



Day 13: Step Out of the Boat

Peter Walks on Water – Matthew 14:22–33

Scripture & Story:

The disciples are in a boat at night, battling rough waves, when Jesus comes towards them miraculously walking on the water. They are terrified, thinking He's a ghost, but He calls out, "Be of good cheer; it is I; be not afraid."

Impulsively Peter responds, "Lord, if be thou, bid me come unto thee on the water." Jesus says, "Come." Peter steps out of the boat and to his astonishment, he also walks on the water toward Jesus. But soon, Peter's eyes drift to the wind and waves around him, and fear creeps in. He begins to sink and cries out, "Lord, save me!" Immediately, Jesus reaches out His hand and catches him, saying, "Oh thou of little faith, wherefore didst thou doubt?".

Once they climb back into the boat, the wind ceases. The disciples are in awe and worship Jesus, saying, "Of a truth, thou art the Son of God."

Devotional Reflection:

Peter's bold venture teaches us about faith, fear, and focus. He did something no other human (besides Jesus) has done – walked on water – but only as long as his focus was on the Lord who empowered him.

The moment he shifted focus to the storm, fear sank him. What a clear picture for our spiritual journey: when we focus on Jesus, we can rise above what normally limits us; when we focus on our problems or our own weaknesses, we start to sink. Yet even in sinking, Peter did the right thing: he cried out to Jesus, and Jesus immediately rescued him. Perhaps Jesus allowed Peter to feel the water give way under his feet to impress on him (and us) the importance of trust.

For us, “stepping out of the boat” symbolizes leaving our comfort zone in response to Jesus’ call. It can feel like becoming someone you have never been, reaching out to someone, making a life change, or simply trusting God in a risky situation.

It's scary to step into the unknown, but if Jesus has bid you “Come,” He will also uphold you. Is there an area in your life God is calling you to greater faith? Maybe you sense a nudge to do something that defies “normal” logic – forgiving an enemy, giving generously when finances are tight, sharing your story with someone, pursuing a new direction in life – it can feel like stepping onto water.

Continued...

The key is to keep your eyes on Jesus and not on the “what-ifs” of the waves. And if you falter, remember that failing doesn’t mean drowning; Jesus is right there to grab your hand when you call. He didn’t let Peter drown, nor will He abandon you. He might gently question our doubt (“why did you doubt?”) as a way to help us learn, but He remains our Savior.

This story also shows that little faith is still faith – Peter had “little” faith and it carried him a few steps on water; as we exercise faith, it grows. Every time you trust God, your confidence for the next step increases. So, to raise your spiritual frequency, be willing to take faith-risks with Jesus. Don’t be reckless for no reason, but when you discern His voice calling you beyond the familiar, take courage. You might wobble, but you will also experience God’s power in ways that those who never leave the boat won’t.

Ultimately, this leads to deeper worship – notice how the incident ended: the disciples’ faith in Jesus’ divinity was strengthened (“Truly, thou art the Son of God”). Your faith-filled adventures will likewise become testimonies of God’s reality and greatness.

Journaling Questions:

Where in my life do I feel called to step out of the boat?

(Is there something God has invited me into that feels risky, uncomfortable, or beyond my natural ability? What are the "waves" or fears that keep pulling my focus away from Christ? And what would it look like to fix my eyes solely on Him as I take that step?)

Peter sank not because he stepped out, but because he shifted focus.

(What distractions, doubts, or internal narratives tend to pull my attention away from Jesus when I'm walking by faith? How can I gently realign my gaze back to the One who sustains me – even in the middle of the storm?)

Jesus immediately reached out and caught Peter.

(Reflect on a time when you began to "sink" in fear, discouragement, or uncertainty—but Jesus rescued you. What did you learn from that moment? How might that memory become a spiritual anchor to give you courage for the next invitation to "Come"?)

Affirmations:

I am anchored in divine faith; fear has no power over me, for my eyes are fixed on Christ and I walk in perfect peace.

I am upheld by the everlasting arms of my Savior—chosen, empowered, and divinely sustained in every step I take.

I am a fearless disciple of trust; the path unfolds before me with divine precision as I follow the voice of the Lord.



Day 14: Go Forth in Purpose

The Great Commission – Matthew 28:16–20

Scripture & Story:

After His resurrection, Jesus gathers His disciples on a mountain in Galilee. There He gives them (and by extension, all of us as His followers) a mission statement: “All power is given unto me in heav and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost. Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.” (Matthew 28:18–20).

This is known as the Great Commission. Jesus entrusts His mission to His disciples – to spread the good news, to nurture new believers. Shortly after, He promises them power through the Holy Spirit to be His witnesses “to the uttermost part of the earth.” (Acts 1:8) Then Jesus ascends to heaven, and his disciples begin the work that eventually reaches us today.

Devotional Reflection:

This final scene is one of purpose and presence. Jesus doesn't save us just to have us sit idly until heaven; He invites us into partnership with His ongoing work in the world. There is no retirement in the Kingdom of God – as long as we're here, we have a purpose.

For the original disciples, “go and make disciples of all nations” was daunting – how could a small band of mostly uneducated people spread the message worldwide? The key is in Jesus' opening and closing words: He has all authority, and He is with us always.

Our confidence and power come from Him, not from our resume or strength. Spiritually, when we engage with God's purpose, we live at a higher frequency because we're in tune with what God is doing. It gives our life meaning and focus. If you've ever felt insignificant or wondered if your life matters, take heart: Jesus calls you into His Great Commission. How you participate may differ depending on your season of life – it could be through raising children in the faith, encouraging coworkers, serving in church or community, praying for missionaries, writing, teaching, acts of service, bearing testimony of Him, or simply shining Christ's light wherever you are.

Continued...

Ask God what part He specifically has for you in His mission. And remember, you're never alone in it. The promise "I am with you always" is one of the most reassuring in scripture. Christ's presence accompanies us in every conversation, every challenge, every step into the unknown. Knowing He is with us elevates our courage and resilience. It also means the outcomes are ultimately in His hands; we simply need to be faithful.

As we conclude this 14-day walk with Christ, reflect on how far you've come and where He's leading you next. You are both a disciple (learner) and a disciple-influencer in whatever sphere of influence you have. How will you continue to walk with Jesus beyond these devotions?

The journey continues, and the Spirit can be your constant companion. Embrace your divine purpose – it might be as personal as mentoring one person or as broad as a community project – whatever it is, do it with love and reliance on Jesus. A life aligned to God's purpose vibrates with fulfillment, joy, and eternal significance.

Journaling Questions:

Where do I sense God calling me to "go"—not necessarily in distance, but in obedience?

(In what part of my life—family, community, work, or online presence—can I be more intentional about reflecting Christ's love, truth, and presence? What fears, limitations, or doubts might be holding me back from fully stepping into that assignment?)

Jesus promised, "I am with you always."

(How does this promise shift my confidence as I consider partnering with Him in my everyday life? When I reflect on my past, where have I seen His faithful presence guiding, strengthening, or opening doors—even when I felt inadequate or unsure?)

My role in God's mission is both unique and essential.

(What are the gifts, life experiences, or spiritual insights I carry that can contribute to making disciples or encouraging others in faith? How can I use these to disciple those around me—whether it's one person or many—and live with a deeper sense of eternal purpose?)

Affirmations:

I am divinely appointed, and the way is prepared before me. I walk in the power and authority of Christ, and nothing can hinder the work He has called me to do.

I am the radiant expression of God's will on earth. His love flows through me, and His light draws hearts unto Him wherever I go.

I am never alone. The Spirit of the Living Christ is my constant companion. I move in perfect peace and divine confidence.



Congratulations on completing your journey through the **4 Pillars of Self-Empowerment Workbook**. You've embarked on a transformative path to reclaim your strength, align with your purpose, and live authentically. As you reflect on your insights and experiences, remember:

- *You Are Whole: Embrace every part of yourself—the light and the shadows. Wholeness is not about perfection but radical self-acceptance.*
- *Align with Your Purpose: Connect deeply with your inner calling and align your actions with your values. Your purpose fuels your journey towards empowerment.*
- *Transformative Growth: Celebrate your growth and the courage it took to face past traumas and limiting beliefs. Every step forward is a victory towards living fully alive.*
- *Empowerment is Limitless: Your journey doesn't end here. It's a continuous evolution towards greater self-awareness, resilience, and joy.*

Thank you for committing to your empowerment journey. Remember, you have the power within you to create the life you deserve. Keep rising, shining, and inspiring others with your empowered presence!

“May the Lord bless you and keep you; may He make His face shine upon you and be gracious to you; may He turn His face toward you and give you peace.”
(Numbers 6:24-26).

Go in peace and continue your walk with Christ, ever higher and deeper. You are never alone, and your journey has only just begun.

Teresa Ford

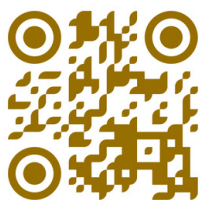
ABOUT TERESA



Teresa Ford is an *Empowerment Coach, author, speaker, and creator of SHE RISES*—a transformational experience for powerhouse women ready to stop betraying their potential and start living fully alive!

Through her own journey of spiritual reclamation, emotional liberation, and embodied wellness, Teresa now helps women worldwide rewrite their stories, reclaim their power, and rise boldly.

To connect, collaborate, or explore what's next:



teresaford.life

