



Daily Devotional



*"Because of the Lord's great love we are not consumed, for his
compassions never fail. They are new every morning; great is your
faithfulness"*

- Lamentations 3:22-23

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Day 1

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."

Picture the most extreme poverty you've seen. Can you see the faces of those who don't have enough to eat? Can you hear the cries from those that don't know if they'll survive the day? For much of our world, poverty is a daily reality. While many of us reading this post do not know what it means to experience physical poverty, Christ says that those who are "poor in spirit" are blessed.

What does it mean to be poor in spirit? A person in literal, physical poverty has insufficient resources to meet his needs. When we humble ourselves and are poor in spirit, we recognize that without God, we have insufficient resources. Being poor in spirit means we have spiritual and emotional dependence on God to meet our needs. Being poor in spirit means we cry out in desperation to our Lord. Being poor in spirit means constant prayer throughout the day, asking Him to change our hearts, heal our brokenness, and to give strength.

To be poor in spirit and obtain the kingdom of heaven as this beatitude promises, we must take the posture of humility. While the rest of the world values pride, self-promotion, and independence, we must plead and beg with God to help us, recognizing our impoverished state. Being poor in spirit will not come naturally. Instead, we must fight for this spirit, and open up ourselves to our God.

King David was wealthy and lacked no desired worldly possession. But in the Psalms, he recognized his need for God. "Yet I am poor and needy, may the Lord think of me. You are my help and my deliverer; O my God, do not delay."

Position yourself in humility before God. "Blessed are the poor in spirit . . ."



Day 2

In Jeremiah 2, Israel has walked away from their God. Instead of remembering and treasuring the God who rescued them, they turned to idols.

Read God's words to the Israelites in verses 36 and 37:

"Why do you go about so much, changing your ways? You will be disappointed by Egypt as you were by Assyria. You will also leave that place with your hands on your head, for the Lord has rejected those you trust; you will not be helped by them."

The Israelites were restless. Empty. Searching.

They sought fulfillment in Assyria. There, they found no rest. Instead, they walked away with empty hearts. Next they tried Egypt, but in a similar way, they were left empty. The secret to their fulfillment did not wait for them in a new location. It would not be answered in a new idol. It was to be found in God alone.

Our story parallels that of the Israelites'. When we feel empty, sad, or disappointed, we try new things to fill us up. Every one of them leaves us feeling empty. We will not be helped by them. So let's stop. Let's turn from our idols and return to our God—the One who rescued us.

"Return, faithless people,' declares the Lord, 'for I am your husband.'" Jeremiah 3:14

Return.



Day 3

“This is what the Sovereign Lord, the Holy One of Israel, says: ‘In repentance and rest is your salvation, in quietness and trust in your strength.’”

Isaiah 30:15

In repentance and rest is your salvation. Your deliverance comes from admitting where you're wrong and where you've fallen. Your deliverance comes from admitting your way is not best. Salvation is found when you humble yourself and seek help from a God who is greater, purer, and truer than you are. Is this your practice?

Notice that repentance and rest go hand and hand. After repentance should come rest. After we show remorse, the next step is NOT to work harder. Mustering up our own strength and discipline will only get us so far. Instead, may we rest. Rest in the Lord's strength and love. Rest, placing yourself under His power. As you are refreshed in Him, your ways will naturally become more Godly. Your strength is found in quietness and trust—resting in Him and listening for His still, small voice.



Day 4

"He will keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ. God is faithful, who has called you into fellowship with His Son, Jesus Christ our Lord."

1 Corinthians 1: 8 -9

Circumstances constantly change. Jobs, health, and relationships are just a few things that can change in the blink of an eye. How do we stay steady in a world that makes us no promises?

We cling to the ONE who is constant. God is faithful. He will carry you through. He does not promise a picture perfect life. He does not promise to increase your financial security, or even cure every illness. But He does promise to keep you firm. James 4 assures that if we come near to God, He will come near to us. Press in. When it feels overwhelming, press in. HE will keep you firm. He will give you the strength you need.

Thank you Lord for being faithful!

"So we fix our eyes not on what is seen, but what is unseen. For what is seen is temporary, but what is unseen is eternal."

2 Corinthians 4:18



Day 5

As a follower of Christ, you possess a mighty power.

2 Corinthians 10 says, "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Every action we take begins in the mind. Good or bad, Godly or sinful--it can be traced back to our thoughts. But when we received Christ, we received the power of the Holy Spirit! When thoughts come into our minds that are not true, noble, right, pure, lovely, admirable, or praiseworthy, we must take them captive. Preach truth to yourself on a daily basis. Rebuttal the lies from the world, the enemy, and even your own flesh. God desires to refresh our minds, but many times we do not even ask for help!

This verse from 2 Corinthians depicts a battle scene. As a Christ follower, you must demolish and take captive. Fight for a thought life filled with TRUTH! Watch how God changes your heart and daily actions.

Be blessed!



Day 6

"The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know Your name will trust in You, for you, Lord, have never forsaken those who seek you." Psalm 9: 9 - 10

The Lord promises to be our stronghold in times of trouble. The SON Foundation seeks to be a house of refuge for families that may feel helpless. We not only offer housing and resources, but more importantly, the hope of Christ. HE is The Great Physician, and we can cling to Him in times of trouble.

If you are feeling overwhelmed, scared, or oppressed today, call on the name of the Lord. He desires to be your refuge! He has proven Himself faithful day after day, and is the same yesterday, today, and forever!



In Numbers 11, God promises Moses He will provide meat for the Israelites. Scripture tells us there were 600,000 men in the camp, which probably does not include women and children. From an earthly perspective, Moses was right to worry!

But in verse 23, God says, "Is the Lord's arm too short? Now you will see whether or not what I say to you will come true for you."

Today, are you fearful? Do you worry and plan, trying to control things in your own way? This reveals seeds of unbelief in your heart.

The Lord's arm is NOT too short! What He says WILL come true! Meditate on this truth today. Preach truth to your mind, repeating this scripture over and over again.

In Jeremiah 32, the Lord says, "I am the Lord, the God of all mankind. Is anything too hard for me?"

No. Nothing!

Day 7

Many of us know Psalm 46:10. Finish this verse: "Be still, and"

Did you say, ". . . know that I am God?" You're right, partially. "Be still and know that I am God" is only one third of this verse. Many of us cannot say the rest of the verse by memory. However, the second part is the most important!

Psalm 46:10 goes on to say, "I will be exalted among the nations, I will be exalted in the earth." God beckons us to be still before Him, but then reminds us who is the STAR of the show. I am not the main character of my life. God is. Are my thoughts proclaiming God as the main character, or myself? Do my actions show a deep desire for God's glory, or glory for myself?

Look for His glory today. Praise Him, exalt Him. He is so worthy.



"Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."

Galatians 6: 7 - 10

We reap what we sow. What are you sowing? The way we spend our time, our money, and our thoughts matters. Just as a young child has consequences for his choices, we have will certainly have a harvest for what we are planting. Are you sowing seeds for eternity? Know and enjoy God. Love others. Serve with a genuine heart. Give where there is need. When we sow to please ourselves, the Word tells us we will reap destruction. Serving self only brings emptiness and mess.

Today, choose to sow to please the Spirit. The harvest will be plentiful!

Day 8

"You turned my wailing into dancing; You removed my sackcloth and clothed me with joy, that my heart may sing to You and not be silent. O Lord my God, I will give You thanks forever."

Psalm 30: 11 - 12

YOU turned my wailing into dancing. YOU removed my sackcloth and clothed me with joy. It was YOU.

At the Son Foundation, we believe God is THE Great Physician, and the giver of every good gift. In this Psalm, we are reminded that as we experience healing (physical, emotional, spiritual), our great God is the giver of that healing. We often seek God in prayer in times of sickness and crisis. Do you spend as much time in prayer thanking God once healing is provided?

One of the most important words in verses 11 and 12 is the word "that." Why does our God heal? He heals "THAT my heart may sing to You!" He heals so that we would praise Him! He heals so that we would sing to Him, and declare His glory! He heals so that we would worship and esteem Him!

At the Son Foundation, we pray for your healing. Physical healing, emotional healing, and spiritual healing. When He heals, may our great God receive all the honor.



Day 9

"My soul is full of trouble darkest depths."

"You have put me in the lowest pit, in the darkest depths."

"I am confined and cannot escape: my eyes are dim with grief."

"I cry to You for help, O Lord; in the morning my prayer comes before You. Why, O Lord, do you reject me and hide Your face from me?"

"I have no peace, no quietness: I have no rest, but only turmoil."

The Bible is full of cries of suffering. Biblical characters like David and Job were no strangers to the hard, dark realities that life on earth can bring. In fact, they may often be more honest with their words than we could dare to be.

But the words resonate.

Sometimes, the suffering is too much to handle. Sometimes, we feel void of hope and void of joy. The darkness feels thick and heavy, laying over us like a blanket. It steals our emotional strength. It brings tears and heartache.

Sweet friend, there is One who grieves with you like no one on earth can. There is One who sees the deepest places of your heart and feels empathy and compassion for your darkest places. There is One who opens His arms wide with no judgment, no harshness, no coldness.

In Isaiah 41, the Lord says, "I took you from the ends of the earth, from its farthest corners I called you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will *strengthen you and help you*: I will *uphold you* with my righteous hand." When we feel stuck in the pit of suffering, we do not have the strength to pull ourselves up. But it is here, in this place of surrender and open hands, that God becomes so powerful in our lives. Oswald Chambers says, "Abundant joy is not built on anything passing, but on the love of God that *nothing* can change."

He knows, friend. And He is waiting with open arms. Lay your tears upon Him.

Day 10

“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.”

James 1: 2-3

Joy. Joy? Initially, it seems completely absurd to have joy in trials. Endure a trial, maybe. But *joy*? The world would tell us to be filled despair and to let the darkness fill in. But the word speaks of a different focus during trials.

The Bible reminds us that life on earth is about perspective. You were not made for this world. You were made for an eternal home. A home that is complete, whole, and fully restored. Life on earth can feel laborious, painful, and long. But in the glimpse of eternity, life on earth is but a blink. As you go through a very real and painful season of suffering, keep your eyes fixed on your Creator and your eternal home.

Lamentations 3: 22-24 says, "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness! I say to myself, 'The Lord is my portion; therefore will wait for Him.'" We are not consumed by sickness or by persistent bad news. Because of the *Lord's great love*, we carry on. We wait on the Lord. He may bring healing on earth, or He may bring complete restoration in Heaven. When my eyes are on Him, I can be confident that I am in good hands. I can wait on Him.

If you are in a season of suffering, what is your go-to verse? If we truly want to have pure joy in an incredibly difficult situation, we *must* feast on the Word of God. Memorize verses. Carry them on index cards and store them in your purse, in your car, on your mirrors. Say scripture out loud. The Bible is our refuge in times where it feels like our whole world is upside-down.

Pursue joy by fixing your eyes on your God and your eternity. Ask for His perspective.



Verses That Bring Comfort in Trial and Suffering

Lamentations 3: 19-26

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning: great is your faithfulness. I say to myself, "The LORD is my portion therefore I will wait for him." The LORD is good to those whose hope is in him, to the one who seeks him: it is good to wait quietly for the salvation of the LORD.

2 Chronicles 20: 12

We do not know what to do, but our eyes are on you.

Exodus 14:14

The Lord will fight for you, you need only to be still.

John 16:33

I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

Psalms 34: 18

The Lord is near to the brokenhearted and saves the crushed in spirit.

Romans 5: 2-5

We boast in the hope of the glory of God. 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.

Psalms 119: 49-50

Remember your word to your servant, for you have given me hope. My comfort in my suffering is this: Your promise preserves my life.

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 27: 13-14

"I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord."

Isaiah 41:10

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

2 Corinthians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

Psalms 55:22

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

Psalms 27: 4-5

One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

Revelation 21:4

He will wipe every tear from their eyes. There will be no more death, or mourning, or crying, or pain, for the old order of things has passed away.

"You don't really know Jesus is all you need until Jesus is all you have."
-Tim Keller in his book *Walking With God Through Pain and Suffering*

