7 Day Devotional

INTRODUCTION

We are so excited that you are joining this physical and spiritual journey to Jamaica. To guide you along the way, our team has carefully crafted the following one-week devotional.
Each day, you will be invited to **P.R.A.Y.:**

- **P**ause to be still.
- **R**ejoice with a Psalm & **R**eflect on a scripture.
- **A**sk God to help you and others.
- **Y**ield to His will in our lives, come what may.

At the end of each devotional, we have also included a reflection question. This prompt is intended to guide your thinking as you go throughout the day. In the evenings, we encourage you to share responses to the reflection question as a team.

The structure of this devotional is borrowed from Lectio365. If you enjoy this devotional, and would like to engage with others like it, we invite you to scan the QR code or visit the link below:
https://lectio365.com/

Daily Devotional

DAY 1

PAUSE

Invite the Holy Spirit to come and to quiet your busy mind. For three minutes, simply be still and aware of God's presence in you and around you.

REJOICE WITH A PSALM

"When the LORD restored the fortunes of Zion, we were like those who dreamed. Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The LORD has done great things for us, and we are filled with joy. Restore our fortunes, LORD, like streams in the Negev. Those who sow with tears will reap with songs of joy. Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them."

Psalm 126

REFLECT ON A SCRIPTURE

Read 1 Chronicles 29:1-20. In this passage, King David invites the people of Israel to donate gifts and talents for the rebuilding of the temple in Jerusalem. When all the gifts had been gathered, David wondered:

"But who am I, and who are my people, that we should be able to give as generously as this? ... LORD our God, all this abundance that we have provided for building you a temple for your Holy Name comes from your hand, and all of it belongs to you."

As you bring gifts—time, presence, skills, and resources—for the rebuilding of churches in Jamaica, take time to reflect on your heart's posture. Sit with open hands (palms facing up), in recognition that all you give, you give out of the Father's hands. May God receive all the glory, honor, and praise.

ASK

Ask God to restore the community you are serving in this week. Pray for physical, spiritual, emotional, and relational wholeness.

YIELD

"All shall be well, and all shall be well and all manner of things shall be well." - Julien of Norwich

Yield your heart, mind, soul, and strength to the healing and restoring work of God.

REFLECTION QUESTION

How did you see God's joy today?

Daily Devotional

DAY 2

PAUSE

Ask God to still your body, mind, and spirit. Ask Him to be present in this moment with you and to give you the capacity to experience Him. The command to be still and know that He is God was given in the midst of much chaos. As you read Psalm 46 (below), take a moment to underline the circumstances that point to chaos.

REJOICE WITH A PSALM

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shield with fire. He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' The Lord Almighty is with us; the God of Jacob is our fortress."

Psalm 46

REFLECT ON A SCRIPTURE

Re-read Psalm 46. God's invitation to stillness is multi-faceted. It readies us for life's storms. It calms us in life's storms. It helps us navigate our way through life's storms to a better and brighter place.

Be still AND KNOW that I am God. Knowing God is the foundation from which everything good about life can be experienced and everything bad about life can be endured. The Apostle Paul said in Philippians 3:10 basically that his life's goal was to KNOW Christ in His fullness. What an incredible statement. What is your life's goal? Is it to retire with a couple million dollars? Is it to have achieved a certain level of education? Is it to have a mortgage paid off? Is it to have a specific list of things crossed off a bucket list at the end of your life? Is it to have a certain number of social media followers? Paul's life was singularly focused on knowing Jesus.

Be still. Know. He is God. To know God the way Psalm 46 describes is to know Him as a refuge, a strength, an ever-present help in times of trouble. To know Him, the Psalmist says, is to have fear be replaced with gladness and to walk in victory no matter what.

God is for you. Be still.
God's got you. Be still.

ASK

What is troubling your heart and mind in this moment? How can you be still and look to God to be your refuge, your strength, your present-help, and your victory? What is keeping you from being still? What is keeping you from experiencing God in these ways?

YIELD

Turn from self-dependence. Ask God to help you lean not on your own understanding. Acknowledge trust in God's goodness, in God's plans, in God's help for your circumstance.

REFLECTION QUESTION

What does it mean for you personally to "be still and know that God is God," even when your life feels chaotic or uncertain?

Daily Devotional

DAY 3

PAUSE

Take a slow, deep breath and gently exhale. Read the following Psalm once fully, then again in smaller phrases. Allow each word to settle into your heart. Do not hurry.

REJOICE WITH A PSALM

"How very good and pleasant it is when kindred dwell together in unity!" -Psalm 133:1

REFLECT ON A SCRIPTURE

We will now prayerfully reflect on some of the key components in Psalm 133:1.

How Good
In your journal, list the good you see emerging today—big or small.

Pleasant
Though the weather is hotter than home, the tasks are different from my job, and the people are unfamiliar—there is a sense of contentment here. It feels right. The atmosphere is pleasant because You, Lord, are here, and this is exactly where you want me today.

Dwell Together
Today, Lord, I am among people I may not know well, and they may not know much about me. Help me remember that unity begins with peace—peace with You and peace within myself. From that place of peace, help me pray for those serving beside me. Whether on a rooftop or on the ground, help me honor others, choose connection over being right, and work proactively to build one another up.

Unity
Unity in Christ is not uniformity. It is the beauty of diverse people moving together under His lordship. Like a family shares DNA, we share a spiritual DNA through Christ. This week, our skills may differ, our construction methods may vary, and our approaches may not match—but these are minor details compared to the good God will accomplish through our unity. Unity becomes our calling card. It means choosing harmony over personal preference.

ASK

Lord, help me walk today in love, in patience, and in humility.

YIELD

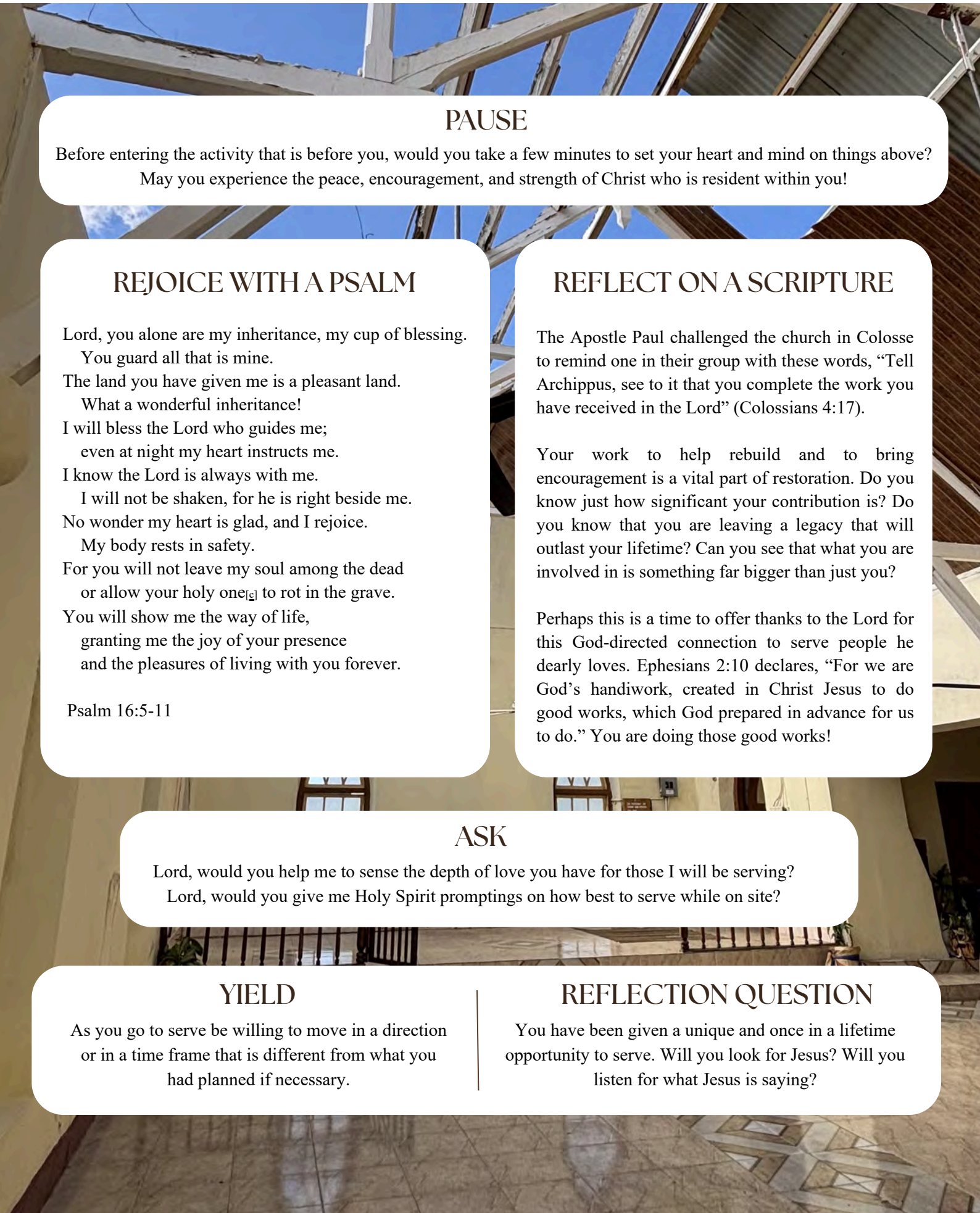
Speak to the Lord freely—and then listen. Aim to listen twice as long as you speak.

REFLECTION QUESTION

Where will I intentionally look for unity today? How might those moments bless others when I share what I have witnessed?

Daily Devotional

DAY 4



PAUSE

Before entering the activity that is before you, would you take a few minutes to set your heart and mind on things above? May you experience the peace, encouragement, and strength of Christ who is resident within you!

REJOICE WITH A PSALM

Lord, you alone are my inheritance, my cup of blessing.
You guard all that is mine.
The land you have given me is a pleasant land.
What a wonderful inheritance!
I will bless the Lord who guides me;
even at night my heart instructs me.
I know the Lord is always with me.
I will not be shaken, for he is right beside me.
No wonder my heart is glad, and I rejoice.
My body rests in safety.
For you will not leave my soul among the dead
or allow your holy one[c] to rot in the grave.
You will show me the way of life,
granting me the joy of your presence
and the pleasures of living with you forever.

Psalm 16:5-11

REFLECT ON A SCRIPTURE

The Apostle Paul challenged the church in Colosse to remind one in their group with these words, “Tell Archippus, see to it that you complete the work you have received in the Lord” (Colossians 4:17).

Your work to help rebuild and to bring encouragement is a vital part of restoration. Do you know just how significant your contribution is? Do you know that you are leaving a legacy that will outlast your lifetime? Can you see that what you are involved in is something far bigger than just you?

Perhaps this is a time to offer thanks to the Lord for this God-directed connection to serve people he dearly loves. Ephesians 2:10 declares, “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” You are doing those good works!

ASK

Lord, would you help me to sense the depth of love you have for those I will be serving?
Lord, would you give me Holy Spirit promptings on how best to serve while on site?

YIELD

As you go to serve be willing to move in a direction or in a time frame that is different from what you had planned if necessary.

REFLECTION QUESTION

You have been given a unique and once in a lifetime opportunity to serve. Will you look for Jesus? Will you listen for what Jesus is saying?

Daily Devotional

DAY 5

PAUSE

Where will you see Jesus today? Where might someone see Jesus in you today?

REJOICE WITH A PSALM

"It is good to give thanks to the Lord,
to sing praises to the Most High.
It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening."

Psalm 92:1-2

REFLECT ON A SCRIPTURE

Ephesians 4:2-3 reminds us to "Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace."

As you prepare to serve alongside your brothers and sisters in Christ this day, take time to reflect on each of these instructions. Is there one that stands out to you the most? Journal a prayer, asking the Holy Spirit to work in you, and through you, helping you to live out this instruction more fully today:

Be humble
Be gentle
Be patient
Forgive
Be rooted in love
Work to maintain unity
Bind together in peace

ASK

Ask the Holy Spirit to give you discernment today to hear and follow God's voice.
Walk closely with Him each moment, listening for His direction and ENJOY His companionship.

YIELD

Remember God can fit everything into a pattern for good, but only to the extent you trust and follow Him. The problems you face today can teach you something, transforming you to be more like Jesus, or they can be a stumbling block if you react with distrust or defiance.

REFLECTION QUESTION

How will people (those you work with, and those in the community) see Jesus in you today?

How will you see Jesus in the world around you and in others as He goes before you and walks beside you?

Have a blessed day being the hands and feet of Jesus!

Daily Devotional

DAY 6

PAUSE

Quiet your mind to acknowledge this day as a gift and an opportunity from the Lord.

REJOICE WITH A PSALM

"This is the day the Lord has made.
We will rejoice and be glad in it."
Psalm 118:24

REFLECT ON A SCRIPTURE

"I long to see you so that I may impart to you some spiritual gift to make you strong—that is, that you and I may be mutually encouraged by each other's faith."
Romans 1:11-12

Paul looked forward to his visit with the believers in Rome. He deeply desired to be a blessing to the church. But Paul knew his path to Rome was a two-way street. He was to be an encouragement to them and he fully expected to be encouraged by them! One of the surprises of leaving our "North American bubble" is to experience the rich faith of Christians in other cultures. We discover how much we can learn from them. We are givers and receivers in the Kingdom!

ASK

Heavenly Father, may my life and my service today bring encouragement to others.
Give me an open heart to learn from them and be encouraged by their faith.

YIELD

I surrender my goals and purposes for this day to your greater purposes.

REFLECTION QUESTION

How am I being an encourager and how am I allowing others to encourage my faith?

Daily Devotional

DAY 7

PAUSE

Take a moment to reflect on your trip so far. Think about the conversations, the meals, the work, and the community which has been built. Where have you seen God at work?

REJOICE WITH A PSALM

"I lift up my eyes to the hills—
from where will my help come?
My help comes from the Lord,
who made heaven and earth.
He will not let your foot be moved;
he who keeps you will not slumber.
He who keeps Israel
will neither slumber nor sleep.
The Lord is your keeper;
the Lord is your shade at your right hand.
The sun shall not strike you by day
nor the moon by night.
The Lord will keep you from all evil;
he will keep your life.
The Lord will keep
your going out and your coming in
from this time on and forevermore."

Psalm 121

REFLECT ON A SCRIPTURE

Read Hebrews 11. Here, we find familiar Old Testament stories of great heroes and heroines of the faith. The text reminds us that these leaders lived "by faith," a phrase that is repeated over and over. Though these leaders lived by faith, the text also reminds us that not all of them saw the promise of their faith come to fruition in their lifetime. And yet, "by faith," they lived dedicated to God's promise.

Hebrews 11 ends with the reminder that we are part of that long line of men and women of faith: "God had a better plan for us: that their faith and our faith would come together to make one completed whole, their lives of faith not complete apart from ours" (v. 40, MSG). We are part of the longer story; we are one snapshot in time added to those who have gone before. Together, we can be part of making the fullness of God's goodness a reality.

ASK

Lord, begin now to help me cultivate a love for the people and places I have encountered on this trip. Give me your eyes and ears as I return to see the need in my own community.

YIELD

Lord, I give you my strength to be used for your will. As the Psalm says, may you keep my going out and my coming in from this time on and forevermore.

REFLECTION QUESTION

How can I take what I have learned through serving on this trip and use it in my daily life?