



LOVE UNCOVERED:

A 30-DAY S.O.A.P.
JOURNEY WITH JESUS

Kristiann Parkes

Introduction

Welcome to this 30-day devotional journey! I'm so glad you're here. This devotional is built around the S.O.A.P. method, a simple and powerful way to study Scripture that helps you connect with God's Word on a deeper level. While I, Kristiann, didn't create this method myself, it's made a huge difference in how I read and understand the Bible. When I began studying for myself, S.O.A.P. gave me structure, focus, and clarity—and now, I'm excited to pass that gift on to you. The spiritual journey we will be embarking on is tailored around exploring the loving character of God, and how that informs who we are in Him. We were created by love for love. Because we are loved, we can live freely in Christ and share His love with others.

What is the S.O.A.P. Method?

S.O.A.P. stands for:

- **S – Scripture:** Write out the verse or passage that stands out to you.
- **O – Observation:** Take note of what you see in the text. What's happening? Who's speaking? What is the immediate context? What do the words and grammar mean?
- **A – Application:** Ask how this verse applies to your life. What is God saying to you personally? How can you respond?
- **P – Prayer:** Write a simple prayer based on what you've read. Invite God to help you apply these lessons to your life.

This method allows you to slow down, reflect, and make space to hear God speak through His Word.

To help guide your time, I've included:

- **Application prompts** and reflection questions for deeper understanding
- A **“Wrap-Up with Kris”** section where I share a guided summary of the scriptures
- **A daily song suggestion**—because music is such a meaningful part of how I connect with God. Feel free to listen to the songs I've shared or add your own that speak to your heart that day.

I pray this devotional helps you see Jesus more clearly, one scripture at a time.

Let's begin.

With love,
Kristiann

DAY 1

GOD IS LOVE

Scripture:

“ He who does not love does not know God, for God is love.”
1 John 4:8

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.”

1 Corinthians 13:4-8

Observation:

- What three things did you notice about these verses?
- Did you realize that the aspects of love are action words?
- Mention this is the application.

Application:

Wrap Up W/Kris:

God's love for us is more than a feeling.

God is the embodiment of every aspect of love.

Love is the foundation of every action God makes towards us. In our lives, we need to ask the Holy Spirit to open our eyes to ways God shows us love, beyond what we are used to. In our relationships with those around us, we have the responsibility to love them in this way.

It is not always easy to love others as scripture calls us too, but we must again, ask the Holy Spirit to guide us.

Love is more than just a feeling. Love is an action word.

Prayer:

Ask God to help you see more of His love towards you.

Ask the Holy Spirit to give you the strength to love others as the Bible calls us to.

P.S. I think “Love” by Kirk Franklin fits these verses really well.
What song do you think is related to this devotional?

DAY 2

ALL THINGS NEW

Scripture:

Therefore, if anyone *is* in Christ, *he*
is a new creation; old things have
passed away; behold, all things have
become new.
2 Corinthians 5:17

Observation:

What are three things you noticed about how the verse is written?
Do you know the significance of “therefore” at the beginning of the verse?
What do you think the old vs. new is referring to?

Application:

Wrap Up W/Kris:

A relationship with Jesus is meant to change you. It’s the best change you’ll ever have. It won’t always be easy, but God’s got you. When God begins to change your heart, you will no longer live according to the sinful ways of the world and your flesh. You will start to live according to the righteousness of God. *Stay connected to Jesus and witness a great change!*

Prayer:

Ask to God open your heart to the change He wants to bring about in your life. Ask Him to help you trust Him during this journey. It will be difficult at times, and many people won’t like the changes you’re making, but just know that God will be there for you.

P.S. I think “All Things New”- Tye Tribbett fits these verses really well.
What song do you think is related to this devotional?

DAY 3

FIRM FOUNDATION

Scripture:

"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. "But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall."

Matthew 7:24-27 NKJV

Observation:

- What three things did you notice about these verses?
- What do these metaphors represent for you in your personal life?
- Why does Jesus compare Himself to rock?
- Mention this is the application.

Application:

Wrap Up W/Kris:

Jesus is a solid rock and a firm foundation. Hearing and doing what Jesus says is the best decision that we could ever make. His words and teachings are designed to help us live a full life that is truthfully dedicated to the love of God and the love of each other. There are people who may not like us because we love Jesus, and that is okay. Jesus is a strong foundation, and His promises are true. The enemy may try to destroy us, but in Jesus name we will not be stopped. *We may be physically shaken, but when we are anchored to Jesus, we will not be spiritually shaken.*

Prayer:

Ask God to help you anchor yourself in Him. Give Him thanks for always being there for you through any storm you face.

[illegible]

P.S. For me, “Firm Foundation” by Maverick City Music fits these verses really well.
What song do you think is related to this devotional?

DAY 4

UNCHANGING GOD

Scripture:

“Every good gift and every perfect gift is from above,
and comes down from the Father of lights, with whom
there is no variation or shadow of turning.”

James 1:17 NKJV

Observation:

- What three things did you notice about these verses?
- How does the repetition of the word "every" affect this verse?
- How does the use of the title "Father of lights" affect your understanding of this verse?
- Mention this is the application.

Application:

Wrap Up W/Kris:

The all-powerful God of the universe only provides good and perfect gifts. Anything bad or evil comes from the Devil (the enemy). The enemy's goal is to steal, kill, and destroy. *But the God we serve has far better plans in store for us. He wants to save us, heal us, restore us, and prosper us.* And the best thing is, HE NEVER CHANGES. That means that God will forever and always be good, and He will forever and always be good to us. We can go to Him at all times, and He will be there to comfort us and guide us. There is nothing we could ever do to stop God from loving us.

That won't change either!

You may be thinking, “bad things happen in my life, how is it not God, and why do they happen?” (Read James 1:2-4) “I'm tempted, I thought it was God who tempted me?” (Read James 1:12-17)

Prayer:

Thank God for all the good things you have in your life and thank Him for never changing.

P.S. I think “Dependable” by Travis Greene fits these verses really well. What song do you think is related to this devotional?

DAY 5

FREE INDEED

Scripture:

“Therefore if the Son makes you free, you shall be free indeed.”

John 8:36

Observation:

What three things did you notice about these verses?

There's that "therefore" again, what does that mean for this verse?

The word "indeed" adds a great deal of certainty, what does that mean for this verse?

Who is the Son?

Mention this is the application.

Application:

Wrap Up W/Kris:

In these verses, Jesus was speaking to a few Jews who believed Him, but still had questions. They didn't understand what it meant to be spiritually bound to sin, so they didn't know what Jesus meant when He said the truth would make them free (vs 32). Jesus was emphasizing to them, and to us, that sin makes us slaves.

Habitually sinning and walking away from God is enslavement; our minds are not free to worship God. Our actions are bound by the urge to do evil and move away from the goodness of God. That is not the lifestyle that God has in store for us. So, Jesus says that if we believe in Him, we will be set free from the power and grasp of sin. In Jesus' name sin will no longer chain us or have dominion over us.

In Jesus, we have the power to say no to sin and say yes to pursuing a life with Christ!

Prayer:

Thank God that through Jesus we have the gift of freedom.
Thank God that sin no longer controls us! Thank God for restoration and freedom.

P.S. I think “Redeemed” by Jonathan Nelson fits these verses really well.
What song do you think is related to this devotional?

DAY 6

IMPOSSIBILITIES MADE POSSIBLE

Scripture:

'But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible."'

Matthew 19:26

Observation:

What three things did you notice about these verses?

Why do you think Jesus used the comparison of relationships: with men and with God?

Note: Jesus is responding to a simple response to a question,
go back and read the question.

How does the word "all" affect your understanding of this verse?

Application:

Wrap Up W/Kris:

In the context of this verse, the disciples were shocked that Jesus said that it would be easier for a camel to go through the eye of a needle than it would be for a rich man to go to heaven. Jesus isn't saying that money is bad, He's saying that the *love* of money is bad. According to the Amplified version of the Bible, during that time, the Pharisees preached that those who were rich were God's chosen people and that they would automatically go to heaven. The disciples were shocked and confused because based on what they had heard, if rich folk couldn't make it, then, who could?! But Jesus responded that with God all things were possible. Jesus simply stated that to make it to heaven, us humans need to rely on God, not our own riches and resources. Since this verse uses the word all, we can apply this to every aspect of our lives. Relying on God is the most secure thing we could ever do. We may not know what will happen next, but God will always make a way. *Trust in God, follow His will for your life, and you will find yourself doing the "impossible".*

Prayer:

Ask God to help you trust Him more
and to have the utmost confidence in Him.

P.S. I think “He’s Able” by Deitrick Haddon fits these verses really well.
What song do you think is related to this devotional?

DAY 7

GOODNESS

Scripture:

'For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.'

Jeremiah 29:11

Observation:

What three things did you notice about these verses?

Did you notice how personal this is? God said "I know the thoughts that I think toward you"

Did you notice how clear God was in His intentions?

What does this say about God's character?

Mention in the application

Application:

Wrap Up W/Kris:

God simply wants what is best for us. Now, this does not mean that we will get everything we want. However, It does mean that everything that God provides for us is for our good. As simple as it sounds, it's not always easy to believe that, especially when something happened that we did not like. In every situation God is there to comfort and encourage us. In every stage of our lives God plans to help us through. *We have hope in Him that even though the situation isn't favorable, the favor of our God still rests upon us.* God is for us. He is for our well-being, especially our spiritual well-being. Some situations may test your faith or your patience, but know that your God is rooting for you. Your God is pondering all the plans He has for you, and each one is great!

Prayer:

Thank God for His loving thoughts toward you.
Ask Him to help you trust in His plans even more.

P.S. I think “Provider” by CalledOut Music fits these verses really well.
What song do you think is related to this devotional?

DAY 8

LIGHT IT UP

Scripture:

'“You are the light of the world. A city that is set on a hill cannot be hidden.”

Matthew 5:14

Observation:

What three things did you notice about these verses?

Jesus is using metaphors: what do these comparisons mean for your life?

Jesus also uses imagery: what example could you come up with that emphasizes the meaning of what Jesus is saying?

Mention this in the application.

Application:

Wrap Up W/Kris:

As believers in Christ, we are called to be different. We are called to stand out. In our generation today, that is the last thing that any of us would rather do, but here Jesus is telling us that that is exactly who we are: different. We are called to show the love of God to others everywhere. In verse 13, as believers in Jesus, we are compared to salt. The purpose of salt is to bring out flavor. Aka, make something taste good. What does it mean to be the taste of the earth? That means that in the name of Jesus, we are called to give this earth place a good taste. It is our calling to go out every day and enhance our surroundings. It’s our job to care for our environment, help someone have a better day, and reflect the goodness of God. As a result, God will be praised, like it says in verse 16. What is the purpose of light? To illuminate. Light and darkness cannot exist in the same place. Jesus asks us not to hide our light. *Hiding our light is equivalent to encouraging darkness. Be the light that Jesus has called you to be. It will not always be easy, but the God of the universe will shine His love on you, so don't worry.*

Prayer:

Thank Jesus for being the greatest light ever!!
Ask God to help you to shine in all the ways He has called you to.

P.S. I think “Day by Day” by CalledOut Music fits these verses really well.
What song do you think is related to this devotional?

DAY 9

NEVER ALONE

Scripture:

'Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Isaiah 41:10

Observation:

What three things did you notice about these verses?

"I am and I will" are promissory statements (promise filled, certain).

What does this mean for this verse?

How does the "yes" affect this verse?

Does this sound like someone you can trust?

Mention in your application.

Application:

Wrap Up W/Kris:

A relationship with God guarantees strength, help, encouragement, support, etc.

A relationship with God does not guarantee zero bumps along the way, but it does guarantee that you will never face those bumps alone. Unfortunately, the world we live in is shrouded by sin, so that means, until Jesus comes back and makes all things new, we will be experiencing tough situations in life. Thankfully, our God promised to always be our strength, help, support, encouragement and so much more. God does not lie. Therefore (there's that word again) whatever He says, we can hold on to it. God has never and will never switch up on us. *As long as we remain faithful to Him and have a relationship with Him, we will remain under His wings of protection.*

What are some rough situations that you might need God's help with?
Maybe a test, maybe someone bullying you, maybe feeling anxious, maybe not believing in yourself?

Prayer:

Thank God for His ever-loving presence. Thank Him for the times He was there when you really needed Him. Thank Him that He doesn't lie. Ask Him to help you draw from His strength all the time. Ask Him to help you remain faithful to Him.

P.S. I think “You Are My Strength” by William Murphy fits these verses really well.
What song do you think is related to this devotional?

DAY 10

SEEK HIM

Scripture:

'And you will seek Me and find Me, when you search for Me with all your heart.'

Jeremiah 29:13

Contextual tea: The people of Israel turned against God and did lots of evil things against Him. So, God allowed for them to be taken away as captives to Babylon as a consequence of turning away from Him. God basically tells them that after the time spent in captivity, God will restore them back to Jerusalem. God is promising to take care of His people and be there for them, even though they disobeyed Him.

Observation:

What three things did you notice about these verses?

In this verse, God is giving a responsibility to His people, what is this responsibility, is it extended to you as well?

Did you notice that this verse has a "cause and effect" structure?

What is the cause and what is the effect?

How does this affect the application of this verse? What does that mean about God?

Mention this in the application.

Application:

Wrap Up W/Kris:

As the loving father that God is, when we disobey Him, He allows us to deal with the consequences of our misbehavior. Consequences are natural occurrences when something does or does not happen. Within this context, the Israelites were continuously disobeying God and doing evil in His sight. The consequence of their disobedience was not being in God's protection anymore, and God allowed them to be taken away as captives into Babylon. But, this verse follows a promise of restoration(vs.10-11). Even though the people turned away from God, God still promised to restore them. Even better, God promised that when they sought Him with their whole heart, they would find Him. This verse highlights God's grace. Even when we turn away from God, and deal with whatever the consequences may be, He still wants to have a relationship with us! Even during our consequences, our heavenly Father still extends Himself to us. *There is no mistake too big for God. God's grace is greater!*

Prayer:

Thank God for His grace and forgiveness.
Ask Him to help you to be obedient.

P.S. I think “Promises” by Maverick City Music fits these verses really well.
What song do you think is related to this devotional?

DAY 11

VALUED

Scripture:

“Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?”

Matthew 6:26 NKJV
(read from 25-34) for full context

Observation:

What three things did you notice about these verses?

What is Jesus contrasting here? - what does that mean?

Mention this in the application

Application:

Wrap Up W/Kris:

In this context, Jesus was speaking to a multitude while He was speaking on the mount, In verses 25-34 Jesus is telling them not to worry. I love verse 26 because Jesus implicitly tells us why we shouldn't worry. We should not worry because we are important to our heavenly Father. Jesus is contrasting humans and birds, and He makes it clear that we are of more value than birds. This verse is interesting to me because I don't think that we, as humans, consider that God also provides for animals as well. All of creation is actively sustained by God. There is no animal too small in God's eye. Therefore, if God cares for the ittiest bittiest ant, how much more will He care for those who were created in His image(Genesis 1:26)? *You are loved by God. You are seen. You are cared for. Do not worry for anything. Trust in your heavenly Father.*

Prayer:

Ask God to help you accept this love and favor.
Ask Him to help you not to feel less than you really are.

P.S. I think “Jireh” by Maverick City Music fits these verses really well.
What song do you think is related to this devotional?

DAY 12

NO WORRIES

Scripture:

'Therefore do not worry about tomorrow, for tomorrow will worry about its own things.
Sufficient for the day is its own trouble.'

Matthew 6:34

Observation:

What three things did you notice about these verses?
There's that therefore word again!! (Go back and read vs 25-34 for context)
Note how Jesus say that "today has its own troubles"
Mention this in the application.

Application:

Wrap Up W/Kris:

A relationship with God does not guarantee a life without problems. Jesus tells us many times that this life will be difficult(John 16:33) , but He also tells us not to worry. We have a big God who sees and cares for us. In Jesus name, a relationship with God guarantees us contact with the One that we can trust in all situations. In verse 33, Jesus tells us to seek first the kingdom of God, and all our needs will be added unto us. God already cares about us. He is already making ways to provide for us, but we need to trust Him. We need to get to know our heavenly Father, so that when we are tempted to let worry take control, we can tell it to "leave" because we know that our God is greater. *Take each day as it comes, and remind yourself that the creator of the universe is committed to taking care of you.* He has never failed you before, and He never will, so don't worry, just trust.

Prayer:

Ask God to help you trust Him more.

Ask God to help you not worry.

Thank God that He is a firm and solid foundation who will never fail.

P.S. I think “Man of Your Word” by Maverick City Music fits these verses really well.

What song do you think is related to this devotional?

DAY 13

TRUSTWORTHY

Scripture:

'“God is not a man, that He should lie, Nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?”'

Numbers 23:19

Observation:

What three things did you notice about these verses?
Do you notice the questions in the verse?- What effect do they have on the verses?
Do you notice the certainty in these statements?
What is the purpose of comparing God to a human?- what does this mean to you?
Mention this in application.

Application:

Wrap Up W/Kris:

God is not a human. I know that that may seem like a "duh" type of statement, but it is so important for us to understand. Humans are volatile and constantly changing, but our God is not like that. His love for us will never change. His promises will never pass away. He will never lie to us; His word is always true. Therefore, when God says that He loves us and that He won't leave us, He means it. Humans are the complete opposite. Our feelings are always changing, and many times we say things that we won't be able to fulfill. I thank God that He is not like us. Because God never changes, we can be confident in our relationship with Him. We don't need to doubt God's will and plan for our lives because He has stated that they are all for good. How amazing is it that our God never changes. *How amazing is it that Our God's words are never void!*

Prayer:

Thank God for His stability.
Thank Him for His unchanging ways and His unchanging love.
Ask Him to help you trust Him more.

P.S. I think “I agree” by Jonathan Nelson fits these verses really well.
What song do you think is related to this devotional?

DAY 14

BLESSED AND BLAMELESS

Scripture:

'Blessed are those whose ways are blameless, who walk according to the law of the Lord.'

Psalms 119:1

Observation:

What do you notice about this verse?

Do you notice the cause and effect format of this verse?- What does this mean in a relationship with God?

Do you notice the certainty in this verse?
Mention this in the application.

Application:

Wrap Up W/Kris:

When we walk in the ways of the Lord, we are blessed. Blessed means that the favor and protection of God is on our lives. God's laws and commandments are for our protection, and if we are not obeying and following what God says, then we miss out on the benefits of that safety. Many times we view God's laws as restrictive and controlling, but that is actually not true. God wants to protect us and keep us safe. *The laws of God are rooted in His everlasting love for us.* Therefore, in Christ, we are blessed. We are taken care of. As we have spoken about before, God's plans for us are always good.

Prayer:

Ask God to help you walk in His way.
Thank God for His favor. Thank God for His blessing and love.

P.S. I think “Blessed” by Fred Hammond fits these verses really well.
What song do you think is related to this devotional?

DAY 15

CARED ABOUT

Scripture:

'Cast all your anxiety on him because he cares for you.'

1 Peter 5:7 NIV

Observation:

What three things did you notice about these verses?
Do you notice the length of this verse?- Short and sweet- how does this affect your understanding of this verse?
Did you notice the use of the word all?
Mention this in the application

Application:

Wrap Up W/Kris:

A relationship with God guarantees us access to someone who always cares about us. There is nothing that we can do or say to make God care about us less.

We can open up to Him because He genuinely cares. He cares about our wants, needs, desires, hopes, dreams, successes, failures, etc. Our heavenly Father allows us to come to Him at all times with all of the things we have in our hearts. In those vulnerable moments, He is the shoulder to cry on and the ears that are listening.

Prayer is how we speak with God. When we pray, God is listening. *In Jesus' name, we can pray to our Heavenly Father and allow Him into the depths of our hearts.*

We don't have to hide. We don't have to sugar coat. We don't have to pretend that we are fine when we are not. God's word is clear that we can cast ALL of our cares on Him. There is nothing too small. People around us may count it as unimportant, but our Heavenly cares. As you go through your life, remember that your Heavenly Father cares all about you!

Prayer:

Ask God to help you spend more time in prayer.

Ask God to help you know what to pray for.

Thank God for Him making a way for you to talk with Him one on one.

P.S. I think “Take it to the Lord in Prayer”
by The Aeolians fits these verses really well.
What song do you think is related to this devotional?

DAY 16

FAITHFUL GOD

Scripture:

'Through the Lord's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness.

Lamentations 3:22-23 NKJV

Observation:

What did you notice about the wording of this verse?
Did you notice the certainty of "not" and "they are"?
How do these words solidify the meaning of this verse?
Mention this in the application

Application:

Wrap Up W/Kris:

Our Heavenly Father is always faithful to us. Faithfulness means being unconditionally committed to something, and our God IS committed to loving us! He is committed to granting us new mercies every day that He grants us breath.

Mercy means holding off on treating someone how they deserve. We don't deserve God's love, but through His mercy, He gives it to us. We deserve death, shame, guilt, but because of His mercy, God frees us from those burdens. The verse says his compassions fail NOT. They won't fail, no matter what we do. God is waiting with open arms to give us mercy. Our job is to accept mercy and live like we are loved. We need to live like we are free from the penalties of sin in Jesus! Yes, we will have to deal with the consequences of our sinful ways, but we don't have to pay the ultimate price of sin, which is death (Romans 6:23). *Each day you wake up and take a breath, do remember to receive the bouquet of mercies that are waiting just for you from... you know who!*

Prayer:

Thank God for His never ending mercies. Thank Him for not giving you what you deserve. Thank Him for the second, third, thousandth, millionth chances He gives you. Praise Him for His excellent faithfulness and greatness!

P.S. I think “Wonderful is Your Name”
by Melvin Crispell III fits these verses really well.
What song do you think is related to this devotional?

DAY 17

PROSPER

Scripture:

'So I answered them, and said to them, "The God of heaven Himself will prosper us; therefore we His servants will arise and build, but you have no heritage or right or memorial in Jerusalem."'

Nehemiah 2:20 NKJV

Observation:

What did you notice in this verse?

How does the word "will" affect your understanding of this verse?

Did you notice the use of the word all?

Mention this in the application

Application:

Wrap Up W/Kris:

This is a small excerpt from the story of Nehemiah. In Nehemiah's time, God called Nehemiah to rebuild the walls of Jerusalem, however, there were adversaries who were against God's people who did not want to see them flourish. Prior to Nehemiah's response in this verse, some rulers from other nations were trying to discourage Nehemiah and those building the wall with Him. Nehemiah's response is a lesson for us to live by today. This is the lesson from Nehemiah's response: when we do God's will, the enemy is going to send people or things to distract and discourage us from our task, but by obeying God, we will prosper. By following through on what God called us to do, we don't have to worry about what other people have to say. Nehemiah's answer also makes it clear that we are God's servants to do what He asks us to do. *As servants of God, we can rest in the fact that God will empower us to do His will.* It may seem impossible or even outright crazy to some, but with God, all things are possible (Matthew 19:26).

Prayer:

Ask God to give you the courage to follow His commands for your life no matter what. Ask for His voice to be louder than the distractions.

P.S. I think “Yes” by Sandra Crouch fits these verses really well.
What song do you think is related to this devotional?

DAY 18

HOPE IN HIM

Scripture:

'Blessed be the God and Father of our Lord Jesus Christ,
who according to His abundant mercy has begotten us
again to a living hope through the resurrection of Jesus
Christ from the dead,'

I Peter 1:3 NKJV

Observation:

What did you notice about these verses?

Look up the word caused.

What can we glean from God's character based on this word in this verse?

Mention this in the application

Application:

Wrap Up W/Kris:

God loves us so much that He made it His initiative to give us hope. Hope in the Bible means to have expectations for God to keep His word. We can hope in God for so many different things. The fundamental truths we can hope in God for are that He is who He says He is and that He will do what He says He will do. Through the resurrection of Jesus, God's commitment to carrying through with His word and mission was on display. God said He would make a way to save us from our sins, and that is exactly what He did through the life, death, and resurrection of Jesus. Before Jesus died, He prophesied that the temple (His body) would be destroyed, but that He would raise it back up in three days (John 2:18-22). That is exactly what happened. Jesus died, but was raised to life in three days. Jesus beat death! Because of God the Father's power, Jesus was raised, and in Him we are raised too. We can have hope that all things are in God's hands. We can have hope that if God has the power to raise someone from the dead, then He has the power to be there with us during Hard times. We can have hope in God because He designed it that way. It is by the will of God that we are able to hope in Him.

Our hope lives on because He lives!

Prayer:

Thank God for His intentional plan of us being able to hope in Him. Ask God to help you live in constant hope in Him.

P.S. I think “Promises” by Maverick City Music fits these verses really well. What song do you think is related to this devotional?

DAY 19

WORTHY IS HE

Scripture:

'Because Your lovingkindness is better than
life, My lips shall praise You. Thus I will bless
You while I live; I will lift up my hands in
Your name.'

Psalms 63:3-4 NKJV

Observation:

What did you notice about these verses?
How does starting the verse with the word "because" impact the delivery of the verse?
Mention this in the application.

Application:

Wrap Up W/Kris:

As David wrote this Psalm, he was clearly reflecting on God's greatness. When genuinely reflecting on the goodness of God, it is very hard to not want to give Him praise. A core of God's character is being worthy of praise. God is just so good, and because of that, He is worthy of all of our praise. Each day we are alive is another day to give God the glory that only He is due. I love that in this verse king David cites the reason why God is worthy of praise before addressing the praise. This is very important because it helps us understand that our praise is a response to God's goodness and love. God is not sitting up there forcing us to praise Him in exchange for His love. He already loves us, and He will NEVER stop. Therefore, we always have a reason to praise. *Continuous love from God in all His various forms is the reason why God is worthy of our continuous praise in all of our various forms.* Even when things are not going well, God is still worthy of our praise because -in the end- He has made a way for the complete eradication of all pain and suffering (Revelation 21:4-5, 26-27).
God is good, therefore God is worthy of our praise.

Prayer:

Take time to reflect on the goodness of God on display in your life. Take a few moments to praise God for His infinite goodness and ask Him to help you give Him infinite praise.

P.S. I think “Incredible God, Incredible Praise”
by JJ Hairston fits these verses really well.
What song do you think is related to this devotional?

DAY 20

MORE THAN CONQUERORS

Scripture:

'Yet in all these things we are more than conquerors through Him who loved us.'

Romans 8:37 NKJV
read 31-39 for context

Observation:

What did you notice about these verses?

Do you notice the word 'all'?

What about the word 'more'?

How do these words further shape the meaning of this verse?

Mention this in the application

Application:

Wrap Up W/Kris:

This verse answers the questions that Paul posed in the previous verses, go back and read those for full context(vs35). Paul is explaining the point that if God is for us, who really can be against us (vs.31)? People hating us because we love God, having opportunities taken from us because we seek to obey God's law, not having many people respect our faith, and many more painful things can and will happen on this Christian journey. **However**, in verse 37, Paul encourages us by declaring to us that in Jesus Christ, the battle is already won. The battle between good and evil, that is, has already been won by Jesus! Here on earth we will still have battles to face, but they are temporary. While we are still here on earth fighting our battles, let us strive to fight from victory, not for it. *Jesus won the opportunity for us to have peace in the storm and joy in chaos, all in His name.* Jesus has won, and we are inheritors of His great victory.We are victorious because we are fiercely loved by an almighty God!

Prayer:

Thank Jesus for winning the battle. Ask Him to help you to live your life from the victorious place that He won for you. Ask Him to give you the strength to keep going in your battles.

P.S. I think “Conquerors” by Vashawn Mitchell fits these verses really well. What song do you think is related to this devotional?

DAY 21

THE SOURCE

Scripture:

'In the beginning God created the heavens and the earth.'

Genesis 1:1

'And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.'

Genesis 2:7

Observation:

What did you notice about these verses?

Asses the meaning of the word created.

Look at the order of events in 2:7

What is the cause and effect taking place?

How does that impact your understanding of your existence?

Mention this in the application

Application:

Wrap Up W/Kris:

Let's bring it all the way back to the beginning! In the beginning God... Let's stop right there. God was always there. Then He created the heavens, which includes the angels and other heavenly beings, then He created earth. Galaxies do not exist without God. Stars do not exist without God. Trees do not exist without God. And, in Genesis 2:7, we find out that WE do not exist without God; it's impossible. We started out as dust, then He gave us the breath of life. It is crucially important for us to remember that God is our source. He is our life. He is everything that we need. He is our creator, protector, peace giver, provider and much more. God being our source and creator has a fundamental implication for our lives... WE NEED HIM! As the designer of our souls and who we are, all that we are meant to be is founded in Him. We've got to live the life He excellently planned for us. *You won't know the real you unless you know Him. Know the creator and you'll know for sure that we were created from and for love; nothing more, nothing less.*

Prayer:

Thank God for creating you with love. Ask Him to remember that He is your source.

P.S. I think “Everything” by Tye Tribbett fits these verses really well.
What song do you think is related to this devotional?

DAY 22

THE ROCK

Scripture:

'I will love You, O Lord , my strength. The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. I will call upon the Lord , who is worthy to be praised; So shall I be saved from my enemies.'

Psalms 18:1-3

Observation:

What did you notice about these verses?

Do you realize how personalized this verse is?

What word helps you realize that?

How does that personalization impact your understanding of the verse?

Mention this in the application

Application:

Wrap Up W/Kris:

As we have previously uncovered, life is hard. We will face many hardships and difficulties, but we do not have to face them alone. Our God in heaven is dedicated to being our strength, deliverer, and rock. No matter what life throws our way, as long as we are hidden in Jesus, we will not be moved. I believe that not being moved is symbolic of not giving up our hope and trust in Jesus, and not succumbing to the chaos in the situation. By allowing God to be our refuge, we place ourselves in the safest place we could be. The enemy is constantly trying to destroy our trust in Jesus, which ultimately destroys our salvation, but God has provided a way for us to be safe... Himself! The devil is always seeking to take us out, so we must always abide in the Lord. The devil might devise a plan to shake us out of our faith, but as long as we trust in Jesus and rely on His strength, then we won't be moved. Yes, there will be pain, there will be hardships, but it will only be for a time. A strong and mighty God has won the battle and is still making ways to fight for us even now. There might be people who hate us and pray for our downfall, but by the grace of God, God will make a way out. *YOUR God is endlessly committed to being rock of protection.*

Prayer:

Thank God for being a source of protection. Ask Him to help you appreciate Him for all the ways He keeps you safe, seen and not seen.

P.S. I think “The Rock” by William Murphy fits these verses really well.
What song do you think is related to this devotional?

DAY 23

WISDOM TO GAIN

Scripture:

'For the Lord gives wisdom; From His mouth
come knowledge and understanding;'

Proverbs 2:6

Observation:

What did you notice about this verse?
How does the word 'will' impact the meaning of this verse?
Mention this in the application

Application:

Wrap Up W/Kris:

What is it like to have knowledge? What is it like to have wisdom? Can we attain these attributes by ourselves? These questions are answered in the book of proverbs. In our scripture we read today, we cannot have sound wisdom if we don't have God. Wisdom is of the utmost importance in our lives. Wisdom is the application of knowledge. Meaning, we can know many things and be very smart, but knowledge has no use if it's not utilized as guided by God. The wise are those who seek God and HIS wisdom. God knows far more than we know, so relying on His guidance is THE BEST WAY to live our lives. By seeking God and searching for His wisdom every day, in Jesus' name we will be wise. *God's word will certainly give us the wisdom we need to live a life pleasing in His eyes and substantial for our well-being.*

Prayer:

Thank God for freely giving us wisdom when we ask. Ask God to help you apply the knowledge you gain. Ask Him to help you grow in knowledge and wisdom that is pleasing to Him and good for you.

P.S. I think “Open the Eyes of My Heart Lord” by Michael W. Smith fits these verses really well.

What song do you think is related to this devotional?

DAY 24

SOVEREIGN GOD

Scripture:

"I am the Alpha and the Omega, the Beginning and the End," says the Lord, "who is and who was and who is to come, the Almighty."

Revelation 1:8

Observation:

What did you notice about these verses?
Is it kind of hard for you to imagine all that time?
Mention this in the application

Application:

Wrap Up W/Kris:

This is a powerful statement. Jesus, very strongly, declares to us exactly who He is. He is the Lord God strong and mighty. God has always been there and will always be here. According to the Amplified Bible Translation, The words alpha and omega express God's absolute supremacy over everything. God was, is, and will always be creator, sustainer, provider, love-giver, omnipotent, and so much more! What a mighty God we have the privilege of being in a relationship with. The One who has won every battle and is coming back soon is greatly loves you! I promise you, His love is for real for real. *The all-powerful God, mighty Creator, and beautiful Savior, Jesus, King of kings, Lord of lords... LOVES YOU!*

Prayer:

Give God praise for how awesome He is.
Tell Him how awesome you think He is and ask Him to help you love Him and praise Him.

P.S. I think “Alpha and Omega” by Gaither Vocal Band fits these verses really well.
What song do you think is related to this devotional?

DAY 25

CHOSEN FOR GOOD

Scripture:

'But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy.'

1 Peter 2:9-10

Observation:

What did you notice about these verses?
What did you notice about the sequence of the verse?
What came first?
Mention this in the application

Application:

Wrap Up W/Kris:

There may be times in our lives when we don't feel wanted, but in Jesus, that's not our reality. God chose us from the beginning of time. God. Chose. Us. Yes, you and me. From the very beginning, God decided that He wanted to be in a relationship with us in some way, somehow. God chose us for His good will. We were chosen to live with God and invite others to do the same. *We can't share what we haven't experienced, so God wants us to inhabit the space of being chosen.* Even when others count you out or they don't even think about you at all, just know that the God in heaven chooses you everyday. He chose to live and die for you. He chooses to live for you. He chooses to forgive you and love you at all times. *By remembering we are chosen, we can live out the purpose God has for us.*

Prayer:

Thank God for choosing you. Ask Him to help you live for Him according to His purpose for your life.

P.S. I think “Chosen Vessel” by Marvin Sapp fits these verses really well.
What song do you think is related to this devotional?

DAY 26

JEHOVAH JIREH

Scripture:

'You open Your hand And satisfy the desire of every
living thing.'

Psalms 145:16

Observation:

Do know notice how short this verse is?

It almost has a matter-of-fact tone.

Take a closer look at the word satisfy; what speaks to you?

Mention this in the application

Application:

Wrap Up W/Kris:

Our great God is Jehovah Jireh, our provider. In this verse, David so eloquently describes God's role as Jehovah Jireh. God provides for every living thing! That includes us. Everything that we need can be found in our heavenly Father. That word satisfy means "meet the expectations, needs, or desires of someone".

Satisfy also means to be content or to fulfill. So basically, as Jehovah Jireh, God wants us to be content in Him. God does not only provide for our physical and material needs, He also provides for our mental, emotional, and spiritual needs. Jesus is the peace that we need in the storm. The Holy Spirit gives us discernment to see things for more than what they seem. Our heavenly Father gives us comfort when we are lonely, hurt, or scared. *God is our divine destination.* The location of our peace, purpose, and provision is God! God is our creator, so He knows what we need more than we do. There may be things that we THINK we need/ want, but God, in His mercy blocks it because He knows it actually won't be good for us. Getting to know God and living in His love helps us to solely rely on Him for everything we need. *Because Jehovah Jireh will always provide, we do not need to go to other created beings to receive what only the creator can provide.*

Prayer:

Thank God for always providing for you. Ask Him to help you see all the ways He provides for you, not just physical provision. Praise God for specific times he provided for you

P.S. I think “He Always Provides” by One House Worship fits these verses really well.

What song do you think is related to this devotional?

DAY 27

CORRECTIVE LOVE

Scripture:

' My child, don't turn away or become bitter when the Lord corrects you. The Lord corrects everyone he loves, just as parents correct a child they dearly love. '

Proverbs 3:11-12

Observation:

The word "for" suggests reasoning, how is it used in this verse?
How does it help you understand the meaning of these verses?
Mention this in the application

Application:

Wrap Up W/Kris:

On this Christian journey, God is actively changing our hearts and our ways. There will be times where God needs to discipline us. It's often believed that God has no rules or laws, but that simply is not true. There will be times when we break God's law or we disobey Him, and HE will have to correct us. In verse 12 Solomon helps us understand that God corrects us BECAUSE HE LOVES US. Imagine with me, someone is trying to get to a specific destination, but they are walking THE WRONG WAY! Wouldn't it be in that person's best interest to alert them and lead them in the right direction? The same applies to our lives and relationships with God. Many of us just want to live, but there is only one way to truly live our best lives, and that is walking with Jesus in the way God designed. Sinning is equivalent to us walking in the wrong direction. Our heavenly Father just wants us to LIVE. Like really live! Therefore, He makes it a priority to correct our steps so that we may walk in the way of life. God knows that sin leads to death, AND He knows the many ways that the enemy can make death look like life. That is why we must trust God and His correction; He sees the traps before we do. *This verse encourages us to remember that God isn't trying to "kill the vibe", He's trying to save us from the "vibe" that seeks to “kill” us. Or, maybe He really is trying to "kill the vibe" to save*

us!

Prayer:

Thank God for being committed to saving you. Ask God to continue to change your heart and mold you into the person He's created you to be. Ask God to forgive you for your wrong. Ask Him to help you accept His correction.

P.S. I think “Potter” by Todd Galberth fits these verses really well.
What song do you think is related to this devotional?

DAY 28

COVERED

Scripture:

'God gives peace, and he raised our Lord Jesus Christ from death. Now Jesus is like a Great Shepherd whose blood was used to make God's eternal agreement with his flock. I pray God will make you ready to obey him and that you will always be eager to do right. May Jesus help you do what pleases God. To Jesus Christ be glory forever and ever! Amen.'

Hebrews 13:20-21

Observation:

What do you think was the relevance to
outline God's resume before saying He could change us?
Mention this in the application

Application:

Wrap Up W/Kris:

In this verse Paul lets us know that we are a work in progress. This is important to know because many Christians, especially new believers, believe a false pretense that once we start our journey, we'll never sin again. I was one of those people. I always wanted to get things right. I thought it was the end of my journey if I made a mistake, but God gently told me that that's simply not true. On this Christian journey, we are the clay in the hands of our God who is the master Potter. We are in the process of being molded and shaped into who God created us to be. The same power that raised Jesus from the dead is the same power that is working to make you more into the image of God. *God has plans for us, so He will mold us into what the plan requires.* God will heal you, forgive you, comfort you, over and over again. There is no limit to the power of God. Don't count yourself out because of a sin you've been struggling with. Our heavenly Father is dedicated to cleaning us up and making us new! Jesus' blood covers all sin. We're never too dirty for the Great God who loves us.

Prayer:

Thank God for His commitment to cleaning you up and making you new. Ask Him to help you to forgive yourself when you slip up.

P.S. I think “Potter’s House” by Vashawn Mitchel fits these verses really well.
What song do you think is related to this devotional?

DAY 29

COVERED

Scripture:

'Go and proclaim these words toward the north, and say:
'Return, backsliding Israel,' says the Lord ; 'I will not
cause My anger to fall on you. For I am merciful,' says
the Lord ; 'I will not remain angry forever. Only
acknowledge your iniquity, That you have transgressed
against the Lord your God, And have scattered your
charms To alien deities under every green tree, And you
have not obeyed My voice,' says the Lord .'

Jeremiah 3:12-13

Observation:

How does the word "only" connect these two verses?
What does this wording suggest that God wants us to do with our wrong doings?
Mention this in the application

Application:

Wrap Up W/Kris:

In these verses, God was calling for the people of Israel to turn away from their sins and turn back to Him. God is still crying out for us to come back to Him! One of the things I love in these verses is that God says we "only" have to acknowledge what we did and turn away from our evil ways. In other words, God is calling us to just confess and repent. We don't have to pay, act, or force our way, just confess and repent. Confess the sins we've done that separated us from God and the times we went against His will. Repent, as in turn away from those very things that kept us from God. In verse 12, God basically says "I won't be angry with you forever" because He is willing to forgive us to rebuild our relationship with Him. God wants nothing more than to be close to us, and our unrepentant lifestyle is what prolongs the separation. In the end, the separation of sin leads to death, but in Jesus name, God provides a way to life. God is calling us to life. When we sin, God simply says "come back to me and let me give you life". Yes, God gets angry, and He gets hurt, but as He said, He is merciful to forgive. Don't allow the weight of your sin to stop you from receiving eternal life. On this Christian journey, sinning is very possible. The key is to keep getting up; keep going back to God. When Jesus comes back, we will receive the reward of staying with the Lord; perfect unity with the Lover of our souls.

Prayer:

Thank God for His commitment to cleaning you up and making you new. Ask Him to help you to forgive yourself when you slip up.

P.S. I think “The Heart of Worship ” by Matt Redman fits these verses really well.

What song helps you remember this devotional?

DAY 30

FOREVER LOVED

Scripture:

'Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love.'

1 John 4:7-8

Observation:

Look up the word essence, how does that help you understand God more.
Mention this in the application

Application:

Wrap Up W/Kris:

Love is God's essence. Love is God's character. You can't have love without God and you can't have God without love. There is nothing that God does without love.

Even when God corrects us, it is out of pure love for our souls. The Bible emphasizes that if we live a life of constant hostility and hatred, then we don't know God as much as we think we might know Him. We may know of Jesus, but do we know Him intimately? An intimate relationship with Jesus will teach us how to give and receive love. When we sin, God loves us. When we do right, God loves us.

When we are having an average day, God loves us. In Romans 8:38 Paul goes through a list of life circumstances that will NEVER separate us from the love of God. The culmination of God's love can be seen when He came down from heaven, became a human being, and died for our sins. Truth is, Jesus didn't have to die for us. Jesus didn't have to experience the excruciating pain of being crucified.

He really didn't. BUT HE WANTED TO SAVE US! No matter where it would take Him, Jesus loved us so much that He died the death we were supposed to die just so we could live the life He ordained for us to live. In Jesus' name, we will NEVER be separated from God's love! God is the source of everything; *He created us from love, for love.*

Prayer:

Thank God for His awesome love. Thank Jesus for dying for your sins. Ask Him to help you receive, share and live in His love.

P.S. I think “How He Loves” by David Crowder fits these verses really well.
What song do you think is related to this devotional?
