

Five-Day Devotional: Empowered – Our Helper

DAY 1 — YOU ARE NEVER ALONE

Main Scripture: John 14:15–18

Read These Scriptures Today

- John 14:15–18
- Deuteronomy 31:6
- Psalm 46:1–3
- Isaiah 41:10
- Romans 8:14–16

Devotional Thought

The disciples were terrified because Jesus was leaving. Yet Jesus promised, “I will not leave you as orphans.” The Holy Spirit would come to dwell with them and in them.

You may feel alone today, but you are not abandoned. The Holy Spirit is God’s reminder that you belong to Him.

Reflect

- Where do you most often feel alone?
- How would your perspective change if you remembered that the Holy Spirit is with you?
- What would it look like to invite God’s presence into that situation?

Prayer

Holy Spirit, thank You for the promise that I am never alone. When I feel abandoned, remind me that You are with me and in me. Help me become more aware of Your presence today. Amen.

Today’s Challenge

Whenever you feel alone today, pause and say: “Holy Spirit, You are with me.”

My Response

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DAY 2 — THE HELPER WHO STANDS BESIDE YOU

Main Scripture: John 14:16–17

Read These Scriptures Today

- John 14:16–17
- Psalm 121:1–8
- Psalm 54:4
- Hebrews 4:14–16
- Romans 8:26–27

Devotional Thought

Jesus called the Holy Spirit the Parakletos—the Helper who is called alongside us.

God does not give us instructions and then steps away. He does not say, “Here is the Bible. Here are the commandments. Figure it out.” Jesus gives us the Helper.

When temptation comes, the Helper is there. When fear rises, the Helper is there. When obedience feels difficult, the Helper is there.

You do not have to face the battle alone.

Reflect

- Where do you need the Holy Spirit’s help most today?
- Do you tend to depend on your own strength first?
- What would surrendering control to the Helper look like?

Prayer

Holy Spirit, thank You for coming alongside me. Teach me to recognize Your guidance and depend on Your power. Help me remember that I do not have to fight alone. Amen.

Today’s Challenge

Before making one important decision today, pray: “Holy Spirit, help me.”

My Response

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DAY 3 — WHEN GOD REMINDS YOU

Main Scripture: John 14:25–26

Devotional Thought

Jesus said the Holy Spirit would teach us and bring His words to our mind.

A verse you read yesterday may suddenly become exactly what you need today. A truth you have heard many times may suddenly become personal.

The Holy Spirit takes the truth of Scripture and applies it to our lives.

When you read your Bible today, don't simply ask, "What does this say?" Also ask, "Holy Spirit, what do You want me to remember?"

Read These Scriptures Today

- John 14:25–26
- Psalm 119:9–16
- Psalm 119:105
- 2 Timothy 3:14–17
- James 1:5

Reflect

- What Scripture has been meaningful to you in difficult seasons?
- Is there a command or promise of Jesus you need to remember right now?
- How can you place more Scripture into your heart this week?

Prayer

Holy Spirit, teach me. Help me understand God's Word and remember the truth when I need it most. Take what I read and apply it to my life. Amen.

Today's Challenge

Read John 14:15–27 slowly twice. Write down one phrase that stands out and carry it with you throughout the day.

My Response

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DAY 4 — PEACE THAT DOESN'T DEPEND ON CIRCUMSTANCES

Main Scripture: John 14:27; Galatians 5:22–23

Read These Scriptures Today

- John 14:27
- Galatians 5:22–23
- Philippians 4:4–9
- Isaiah 26:3–4
- Psalm 4:8

Devotional Thought

Jesus said, “Peace I leave with you; my peace I give you.”

Jesus does not promise that nothing difficult will happen. He promises peace.

The world's peace depends on circumstances. Jesus offers peace that can exist in the middle of trouble.

It is not the absence of the storm. It is the presence of God in the storm.

Sometimes we try to control everything because we believe control will give us peace. But control is a poor substitute for trust.

Reflect

- What circumstance is currently stealing your peace?
- What are you trying to control that you need to surrender?
- What would it mean to experience peace in spite of your circumstances?

Prayer

Jesus, thank You for giving me Your peace. Holy Spirit, quiet my anxious heart and help me trust God even when I cannot control what is happening around me. Amen.

Today's Challenge

When anxiety rises, pray: “Jesus, I receive Your peace. Holy Spirit, help me trust You.”

My Response

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DAY 5 — STOP RUNNING ON EMPTY

Main Scripture: John 14:15–16; Galatians 5:25

Read These Scriptures Today

- John 14:15–16
- Galatians 5:16–25
- Romans 8:5–14
- Zechariah 4:6
- Ephesians 5:15–21

Devotional Thought

There is a difference between trying harder and surrendering deeper.

We often approach the Christian life as though God gave us commandments and then sent us off to accomplish them through sheer willpower.

But Jesus gives us the Helper – The Holy Spirit.

The Christ-following life is not about becoming strong enough that you no longer need God. It is about learning to depend more deeply on God.

So perhaps the question isn't, "How can I try harder?" Perhaps it is, "Where do I need to surrender?"

You do not have to run on empty. The Holy Spirit is already with and in you.

Reflect

- Where are you relying on willpower instead of the Holy Spirit?
- What part of your life do you need to surrender?
- What would it look like to live today knowing, "The Holy Spirit is in me"?

Prayer

Holy Spirit, I surrender my life to You. Forgive me for the times I have tried to live the Christian life in my own strength. Fill me again. Guide me, comfort me, teach me, and give me Your peace. Thank You that I am never, ever on my own. Amen.

Today's Challenge

Spend five quiet minutes with your hands open before God. Pray: "Holy Spirit, I surrender. Fill me. Lead me. Help me."

My Response

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MY 5-DAY REMINDER

- ☐ I am not abandoned. The Holy Spirit is with me.
- ☐ I do not have to face temptation and weakness alone.
- ☐ The Holy Spirit teaches me and reminds me of Jesus' truth.
- ☐ Jesus gives me peace that is not dependent on circumstances.
- ☐ I can stop striving and surrender to the Helper who lives within me.

A PERSONAL SURRENDER PRAYER

Holy Spirit, I confess that I have often tried to live life on my own strength. I have been anxious, overwhelmed, tired, and afraid. Thank You for being my Parakletos—the Helper who comes alongside me. I surrender myself to You. Fill me with Your presence. Fill me with Your peace. Teach me Your truth. Guide my steps. Help me obey Jesus from a heart of love rather than fear. Thank You that You live in me and that I am never, ever on my own. Amen.

One thing God is teaching me through this devotional:

“I will not leave you as orphans; I will come to you.” — John 14:18