



NEW YEAR CONSECRATION

25FOR25

MEDITATION AND MOVEMENT

Week 2: JAN 13 - JAN 17, 2025

The Choice of Joy: Day 1

Devotional: In a world that often feels overwhelming, it's easy to let our circumstances dictate our emotional state. But what if I told you that joy isn't just a feeling that happens to us, but rather a choice we make? Joy runs deeper than happiness - it's a spiritual decision that anchors us regardless of what's happening around us. When we understand this truth, we begin to see each day not as something that happens to us, but as an opportunity to choose joy deliberately. This doesn't mean we won't face difficulties or feel sad sometimes. Instead, it means we're making a conscious decision to find joy even in the midst of our challenges. Think about it - every morning when you wake up, you have the power to set the tone for your day through your choices.

Bible Verse: "So they strengthened the souls of the disciples and encouraged them to continue in the faith, saying, 'We must enter the kingdom of God through many tribulations.'" - Acts 14:21-22

Question: What specific choices can you make today that will help you choose joy, regardless of your circumstances?

Quote: If you don't choose joy, sorrow chooses you.

Prayer: Lord, help me to understand that joy is a choice I can make each day. Give me the strength to choose joy even when my circumstances make it difficult. Guide me in making decisions that reflect Your joy in my life. Amen.



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Running Through, Not From: Day 2

Devotional: We often think that the solution to our problems is to run away from them. We pray for God to remove obstacles, eliminate challenges, and make our path smooth. But what if God's plan isn't to remove the obstacles but to strengthen us to overcome them? Just as an athlete builds endurance through training, our spiritual and emotional strength grows when we face challenges head-on. God doesn't always exempt us from difficulties, but He equips us to endure them. This truth transforms how we view our challenges - they become opportunities for growth rather than merely obstacles to avoid.

Bible Verse: "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." - 1 Corinthians 10:13

Question: What challenge are you currently facing that God might be using to build your endurance rather than remove from your path?

Quote: You don't have to run from trouble when God has equipped your soul to run through it.

Prayer: Father, give me the courage to face my challenges rather than run from them. Help me trust that You've equipped me with everything I need to endure. Thank You for being my strength. Amen.



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The Journey of Soul Restoration: Day 3

Devotional: Soul restoration is a journey, not a destination. Like a garden that needs constant tending, our souls require ongoing care and attention. This restoration process touches every aspect of who we are - our thoughts, emotions, decisions, and relationships. Sometimes we might feel impatient with the process, wanting instant results or immediate change. However, true restoration takes time. It's about allowing God to work deeply in our lives, transforming us from the inside out. When we rush this process or try to measure it by worldly standards, we miss the beautiful work God is doing in the quiet moments.

Bible Verse: "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." - Psalm 23:1-3

Question: In what areas of your life do you need to be patient with God's restoration process rather than rushing for quick results?

Quote: Sometimes restoration takes time. So don't rush. Two things I would advise. Number one, don't rush God. And number two, don't tie God down to carnal measures.

Prayer: Dear God, help me trust Your timing in restoring my soul. Give me patience with the process and faith to see Your hand at work even when progress seems slow. Thank You for Your faithful work in my life. Amen.



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Victory in the Small Wins: Day 4

Devotional: Sometimes we measure success by grand achievements or material gains, but true victory often comes in forms we might overlook. Regaining your peace of mind, rediscovering your dignity, or breaking free from toxic patterns - these are profound victories worth celebrating. God's restoration often begins with these fundamental aspects of our being. When we learn to recognize and appreciate these seemingly small wins, we begin to understand that true success isn't always about what we gain materially, but about who we become spiritually and emotionally.

Bible Verse: "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." - Hebrews 12:1

Question: What 'small victory' in your life deserves celebration today?

Quote: If God doesn't give you another thing this year but your mind back you won. If you don't get anything this year but your dignity back, you won.

Prayer: Heavenly Father, help me recognize and celebrate the victories You're bringing about in my life, no matter how small they might seem. Thank You for restoring the fundamental parts of who I am. Amen.



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Purpose in the Pain: Day 5

Devotional: Life's challenges often carry hidden purposes. While we naturally seek comfort and ease, sometimes our greatest growth and most meaningful experiences come through difficult seasons. This doesn't mean we should seek out suffering, but rather understand that our challenges can be transformed into stepping stones toward our purpose. God has a remarkable way of weaving even our hardest moments into His greater plan for our lives. When we trust this truth, we can face difficulties with hope, knowing that God is working all things together for our good.

Bible Verse: "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." - Romans 8:28

Question: How might God be using your current challenges to prepare you for His greater purpose in your life?

Quote: I don't believe that a believer's life must be miserable to be meaningful. Yet the scriptures are replete with the spiritual reality that purpose is sometimes accompanied by persecution and pain.

Prayer: Lord, help me trust that You're working even in my difficult seasons. Give me faith to see purpose in my pain and wisdom to learn from every experience. Thank You for Your perfect plan. Amen.