

May Devotions

Divine CPR: Called, Protected, Renewed by the Father's Breath of Life

There are moments in life when our hearts feel spiritually faint—breathless from disappointment, weary from waiting, or burdened by pain. Yet in His mercy, Father God does not stand at a distance. He draws near and performs what we might call divine CPR—He calls us, protects us, and renews us, restoring life where there once was emptiness.

First, He calls us. Before we ever reached for Him, He was calling our name. *“I have called you by name; you are Mine” (Isaiah 43:1)*. His call brings salvation, pulling us from death into life. As it says in **(Romans 10:13)**, *“Everyone who calls on the name of the Lord will be saved.”* His voice awakens our spirit and reminds us that we belong.

Then, He protects us with His love. His care is not distant or passive—it is active, covering, and constant. *“The Lord is my refuge and my fortress” (Psalm 91:2)*. His love surrounds us like a shield **(Psalm 5:12)**, guarding our hearts and minds in Christ Jesus **(Philippians 4:7)**. Even when we feel fragile, His love sustains us.

Finally, He renews us. God does not simply revive us to our old condition—He transforms us. *“If anyone is in Christ, he is a new creation” (2 Corinthians 5:17)*. Through His Spirit, He breathes fresh life into every surrendered place. *“He restores my soul” (Psalm 23:3)*, and *“those who hope in the Lord will renew their strength” (Isaiah 40:31)*.

This is the beauty of His CPR: He doesn't just resuscitate—He restores, rebuilds, and makes whole. As we yield every area to Him, we experience the abundant life Jesus promised in **John 10:10**.

Let gratitude rise within you today. The Father is faithful and true **(Lamentations 3:22–23)**. He is still calling, still covering, still renewing.

Prayer:

Father, thank You for breathing life into me again and again. Thank You for calling me, covering me, and making me new. I yield every part of my life to You. Continue Your work in me, that I may walk fully alive in Your love. Amen.

The Veil

“And Jesus cried out again with a loud voice and yielded up His Spirit. Then, behold, the veil of the temple was torn in two from top to bottom ... **(Matthew 27:50-51a)**

What just happened? Only God could have torn the veil from the top to the bottom. The moment Jesus died, the plan for redeeming sinful man was “finished.” The veil that had separated God from sinful man in the Temple was torn away because the death of Jesus atoned for the sin of man. We now have access to God. A relationship between God and man can be restored because of Jesus. Those who are in Christ, can freely worship, there is no barrier any longer. God loves us so much and wants us to know Him. Jesus made that possible. We can now approach God, as the Bible says, “Let us come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.” **(Hebrews 4:16)** We are invited to “Draw near to God and He will draw near to us.” **(James 4:8)** and **(Hebrews 10:19 -20)** tells us “... we have confidence to enter the holy places by the blood of Jesus, by the new and living way that He opened for us through the curtain, that is, through His flesh.” We are called to come near, so that we can know Him. Do you long to have that closeness?

Prayer: Father in heaven, thank you for your son, Jesus. He died and paid the penalty for our sins. Now, we can come near to you. I ask that you draw me closer to you through Jesus Christ. Amen

John 19:30, 1 John 2:2, 2 Corinthians 5:19, John 3:16,

Promise From the Father

“Nevertheless, I tell you the truth; It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.” **(John 16:7)**

On the night Jesus was betrayed, He spoke so intimately to His disciples. He wanted them to know that even though He was going back to the Father, He would not abandon them. Jesus assured them the Father would send them the promise of the Helper, the Holy Spirit to abide in them. Jesus made it clear that He was going away. But it doesn't end there. Jesus, talking to the disciples (including disciples today) said “Before long, the world will not see me anymore, but you will see me. Because I live, you also will live.” **(John 14:19 NIV)** The disciples wanted to know how could this be? Jesus answered that if we loved Jesus and keep his word, “my Father will love him and We will come to him and make Our home with him.” **(John 14:23b)** This is the promise from the Father. “If you love me keep my commandments and I will pray the Father and “He will give you another Helper, that He may abide with you forever.” **(John 14:15-16)** Jesus made it clear that He would never leave us. How amazing, we have been given the Holy Spirit to guide us into all the truth and be our helper.

Prayer: Father in Heaven, our hearts rejoice that we have received your promise of the Holy Spirit. I want to be filled with the presence of the Holy Spirit that I might live a life pleasing to you. Amen

John 16:28, John 14:16, John 16:13

Forgiven

“I write to you little children, because “your sins are forgiven you for His name sake.” **(First John 1:12)**

Jesus is the lamb of God, who was sacrificed for our sins. In **(Hebrews 4:12)** we are told, “But this Man, after He had offered one sacrifice for sins forever, sat down at the right hand of God.” As it says, this is forever. How easy it is to carry a burden of guilt for our sins. The enemy likes to remind us of our sins. But we have the assurance from God’s word telling us that God does not remember our sins. When Jesus died on the cross, He paid our debt once and for all, forever. Jesus died in our place and before He took His last breath He said, “...It is finished...” **(John 19:30)** “So now there is no condemnation for those who belong to Christ Jesus.” **(Romans 8:1)** We who are in Christ have been “...set free from the law of sin and death.” **(Romans 12:2b)** If God doesn’t remember our sins, should we? Instead look to God’s mercy and grace. “In Him we have redemption through His blood, the forgiveness of sins, according to the riches of his grace.” **(Ephesians 1:7)** God loves us so much, that He would send His only son to die in our place and satisfy the wrath of God for sin. An innocent lamb, Jesus, endured the pain and suffering of the cross so you and I could be forgiven for our sins and receive Jesus as our Savior. Don’t look back and carry the burden of past sins. Jesus took your sin and mine. “Come now, let’s settle this, “says the LORD. “Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool.” **(Isaiah 1:18 NLT)**

John 1:29, Isaiah 43:25

Clothed for Battle: Living in the Armor of God

Spiritual warfare is not a distant concept—it is a daily reality. In **Ephesians 6:10–18**, Paul urges believers to “be strong in the Lord and in the power of His might” and to put on the full armor of God. Drawing from the image of a Roman soldier, Paul reveals not only how they were equipped for physical battle, but how we are to stand firm in spiritual warfare.

The Belt of Truth (Ephesians 6:14)

Roman soldiers wore a belt to secure their tunic and hold their weapons in place. Without it, everything else was unstable. Truth functions the same way spiritually—it holds our lives together.

Scriptures: **John 8:32; Psalm 51:6**

We wear it by choosing honesty, grounding ourselves in God’s Word, and rejecting deception.

The Breastplate of Righteousness (Ephesians 6:14)

This protected vital organs like the heart. Spiritually, righteousness guards our inner life.

Scriptures: **2 Corinthians 5:21; Proverbs 4:23**

We walk in it by living in right standing with God and choosing obedience that protects our hearts.

Shoes of the Gospel of Peace (Ephesians 6:15)

Roman soldiers wore sturdy sandals for stability and readiness.

Scriptures: **Isaiah 52:7; John 14:27**

We stand firm by walking in peace with God and being ready to carry His message wherever we go.

The Shield of Faith (Ephesians 6:16)

Large Roman shields were designed to extinguish flaming arrows.

Scriptures: **Hebrews 11:1; 1 John 5:4**

Faith protects us from doubt, fear, and lies. We raise it by trusting God’s promises over our circumstances.

The Helmet of Salvation (Ephesians 6:17)

The helmet protected the head, the seat of thought and identity.

Scriptures: **1 Thessalonians 5:8; Romans 12:2**

Salvation guards our minds. We wear it by renewing our thoughts and remembering who we are in Christ.

The Sword of the Spirit—the Word of God (Ephesians 6:17)

The Roman sword was used for close combat—precise and powerful.

Scriptures: **Hebrews 4:12; Matthew 4:4**

God's Word is our offensive weapon. We use it by speaking and applying Scripture in every situation.

Prayer—Our Constant Connection (Ephesians 6:18)

Though not a physical piece, prayer empowered everything.

Scriptures: **1 Thessalonians 5:17; James 5:16**

Prayer keeps us alert, aligned, and strengthened in the battle.

Each piece of armor is not merely symbolic—it is practical. We use it daily through intentional living: choosing truth, walking in righteousness, standing in peace, exercising faith, guarding our minds, speaking the Word, and staying in prayer.

Victory in spiritual warfare is not about striving harder, but about standing fully equipped in what God has already provided.

Prayer Points:

1. Lord, empower me with Your armor, that I may stand firm against every scheme of the enemy.
2. Father, teach me to use each piece effectively—walking in truth, faith, and Your Word—so I live in the victory You have already secured.

Persistent Warfare, True Breakthrough

Spiritual breakthrough rarely comes through a single moment—it is often the fruit of persistent, quiet warfare. Scripture reminds us that “we do not wrestle against flesh and blood” (**Ephesians 6:12**), so the battle is not outward, but inward and spiritual. It is fought through faith, shaped by wisdom, deepened by understanding, and sustained by a heart that yields to God.

Faith anchors us when we don't see immediate results (**Hebrews 11:1**). Wisdom and understanding teach us how to respond rather than react (**Proverbs 4:7**). Yielding softens our hearts so God can direct us (**Romans 6:13**), and obedience aligns us with revealed truth—“be doers of the word, and not hearers only” (**James 1:22**).

Breakthrough comes as we partner with God. We are called to “work out” our salvation (**Philippians 2:12**), not strive to earn it. This means actively living out what God has already placed within us—choosing righteousness, renewing our minds (**Romans 12:2**), and standing firm even when it's difficult. It looks like daily surrender, resisting the enemy (**James 4:7**), and trusting God's process when answers seem delayed.

Persistent spiritual warfare is not loud striving—it is steady obedience. It is praying when weary, believing when unsure, and yielding when it costs something. Over time, what is fought in the spirit becomes evident in the natural.

Prayer Points:

1. Lord, strengthen my faith to remain steadfast in spiritual warfare, and give me wisdom and understanding to walk in obedience to Your revealed truth.
2. Father, teach me to yield fully to You and to faithfully work out what You have placed within me, until I see breakthrough in every area You have promised.

First Response: Standing Firm When the Battle Comes

When the world feels heavy or fiery arrows come flying your way, what is your first response? Is it worry, fear, withdrawal, or trying to numb the pressure? Or do you choose what Jesus taught: “seek first the kingdom of God and His righteousness” (**Matthew 6:33**)?

Scripture is clear that the life of faith is not free from conflict. In fact, we are told to “take up the shield of faith, with which you can extinguish all the fiery darts of the wicked one” (**Ephesians 6:16**). The arrows will come—but so has the provision to stand. The question is not whether challenges arise, but how we respond when they do.

God invites us into a different posture: prayer, proclamation, and trust. “Do not be anxious about anything, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God” (**Philippians 4:6**). Prayer shifts our focus from the problem to the One who holds the answer. As we pray, we also proclaim His Word, aligning our thoughts with truth: “Death and life are in the power of the tongue” (**Proverbs 18:21**).

Faith then takes its place—not passive, but confident. We stand knowing Christ has already gone before us, working even when we cannot see it (**Romans 8:28**). At the same time, we have a responsibility: to walk in obedience, guard our hearts, renew our minds (**Romans 12:2**), and remain steadfast. This is how we “work out” what God is doing within us (**Philippians 2:12–13**).

Breakthrough often looks like consistency—choosing God again and again in the middle of pressure. It is declaring His promises when circumstances contradict them, and trusting that He is both present and active.

So, when the arrows come, let your first response be faith. Seek Him. Speak His Word. Stand firm. Victory is not found in escaping the battle, but in standing anchored in Him through it.

Prayer Points:

1. Lord, train my first response to be faith—help me seek You, pray Your Word, and stand firm when challenges arise.
2. Father, strengthen me to trust that You are working in every situation, and teach me to walk in obedience as part of Your answer.

Whole and Holy: Living as a Triune Being with a Triune God

We were created with divine intention—not just as physical beings, but as spirit, soul, and body. Scripture affirms this beautifully: “May your whole spirit, soul, and body be kept blameless” (**1 Thessalonians 5:23**). As we serve a triune God—Father, Son, and Holy Spirit—we reflect His design in our very being.

Each part of us is distinct, yet deeply interconnected. Our **spirit** is where we commune with God—“God is Spirit, and those who worship Him must worship in spirit and truth” (**John 4:24**). When our spirit is alive and nourished, it strengthens everything else. Through prayer, worship, and the Word, we cultivate intimacy with Him and grow in spiritual sensitivity.

Our **soul**—our mind, will, and emotions—is the place of transformation. It is here that God does the ongoing work of sanctification. (**Romans 12:2**) calls us to “be transformed by the renewing of your mind.” As we yield our thoughts, choices, and emotions to Him, our soul begins to align with truth instead of reacting to circumstances. (**Psalms 23:3**) reminds us, “He restores my soul,” revealing that God is both willing and faithful to heal and steady our inner life.

Our **body** is not separate from this process—it is directly affected by both spirit and soul. (**Proverbs 4:20–22**) teaches that God’s Word brings “health to all their flesh,” and (**1 Corinthians 6:19–20**) declares that our bodies are temples of the Holy Spirit. What we believe, think, and carry internally often manifests physically, whether in peace or in strain.

Wholeness in Christ is not partial—it is complete. God’s desire is that every part of our being reflects His life. When our spirit is connected to Him, our soul is being renewed, and our body is stewarded well, we begin to experience true alignment.

This is our responsibility and our invitation: to care for our spiritual life, to allow God to sanctify our soul, and to honor Him with our body. As each part comes into alignment, the fullness of Christ in us becomes evident—whole, healed, and anchored in Him.

Prayer Points:

1. Father, teach me to nurture my spirit, yield my soul, and honor You with my body, so that my whole being reflects Your design.
2. Lord, continue the work of sanctifying my mind, will, and emotions, and let Your life flow through every part of me.

Living With Jesus as Lord

It's one thing to say, "Jesus *is* Lord." Scripture declares that truth clearly—His authority is unshaken, eternal, and not dependent on human acknowledgment (**Philippians 2:11**). But there is a deeper, more personal invitation within that truth: *Will I live with Jesus as Lord?*

In (**Luke 6:46**), Jesus asks, "Why do you call me 'Lord, Lord,' and not do what I tell you?" This is not a harsh rebuke as much as it is a loving exposure. He is drawing attention to the gap that can exist between our confession and our surrender. It's possible to honor Him with our lips while still guarding parts of our lives from His leadership.

Living with Jesus *as* Lord is not merely about obedience out of duty—it is about **intimacy that leads to surrender**.

It begins in the quiet places of the heart. The hidden conversations. The thoughts no one hears. The decisions no one sees. To have Jesus as Lord means inviting Him into those spaces—not as a distant authority, but as a present King who cares deeply about every part of us.

Surrender, then, is not a one-time moment. It is a daily unfolding.

It looks like:

- Letting Him reshape your reactions when you're misunderstood
- Trusting Him when your plans don't unfold the way you hoped
- Yielding your will when obedience feels costly
- Choosing His way even when it stretches your comfort

There is a tenderness to this kind of surrender. It's not forced—it's formed through relationship. As we draw near to Him, we begin to trust His heart. And as trust grows, surrender becomes less about loss and more about alignment.

To live with Jesus as Lord is to say:

"You have access to every part of me—my desires, my fears, my plans, my future."

And in that place, something beautiful happens. His lordship is no longer just a truth we believe—it becomes a reality we experience. His peace begins to guard us. His wisdom begins to guide us. His presence becomes more familiar than our own striving.

This is the invitation: not just to acknowledge His authority, but to **abide under it**—closely, willingly, and wholeheartedly.

Prayer Points

1. Jesus, I invite You into the hidden places of my heart. Reveal anything I've held back from You, and give me the grace to surrender it fully. I want to know You more deeply, not just follow You outwardly.
2. Lord, teach me to trust Your leadership in every area of my life. Where obedience feels difficult or costly, strengthen my heart to choose You. Help me live each day with You truly as Lord—close, present, and leading me in love.

Prayer for Revelation Knowledge

O God who reveals mysteries (**Daniel 2:28, 22**),
You who bring light into darkness and make known what is hidden—
I come before You seeking revelation knowledge of Your nature and Your will.

Lord, grant me the spirit of wisdom and revelation in the knowledge of You (**Ephesians 1:17**).
Open my eyes, that I may behold wondrous things out of Your law (**Psalms 119:18**).
For nothing is hidden that will not be revealed, nor anything secret that will not come to light
(**Mark 4:22**).

Even where hearts have struggled to perceive, let Your truth be unveiled (**John 12:38**).
Guard me from pride and the thorn that exalts itself, and let Your grace be sufficient in my
weakness (**2 Corinthians 12:7**).

Make me a faithful steward of the mysteries of God (**1 Corinthians 4:1**),
Speaking the wisdom of God in a mystery, ordained before the ages for our glory (**1
Corinthians 2:7**).

Put Your Word in my mouth, that I may boldly make known the mystery of the gospel
(**Ephesians 6:19**).

Illuminate my life, O Lord—You light my lamp; You enlighten my darkness (**Psalms 18:28**).
Let Your commandments bring light and joy to my heart (**Psalms 19:8**).
Counsel me and instruct me, even in the night seasons (**Psalms 16:7**).

Lead me in ways I have not known; guide me in paths I have not seen;
Turn darkness into light before me and make crooked places straight (**Isaiah 42:16**).

Blessed are my eyes to see and my ears to hear what You reveal (**Luke 10:23**).
Let me be born again into spiritual sight, that I may truly see Your kingdom (**John 3:3**).

Lord, shape my heart to know myself rightly before You,
And send me to minister to others with truth and love—
Not in human wisdom, but in the power of Your Spirit.

So when I speak, let it bring revelation, knowledge, prophecy, and teaching that edifies (**1
Corinthians 14:6**).

In Jesus' name, Amen.