

What Are You Looking At?

DAY:

Monday

TITLE:

Turn Your Eyes

KEY VERSE:

Hebrews 12:2 -- "Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

REFLECTION:

I want to ask you something personal this morning: what are you looking at? Because whatever you fix your eyes on will shape everything about you -- your confidence, your choices, your peace. When I look at the news, the economy, or my problems, fear starts painting pictures inside me that God never intended me to carry. But when I deliberately turn my gaze to Jesus -- looking away from the noise and toward Him -- something shifts on the inside. He is the originator of my faith. He planted it in me. He sees me not as I am, but as He made me to be. That picture He carries of you is what gave Him joy on the cross. Let that sink in today. He endured everything because He saw you becoming who He called you to be.

PRAYER:

Jesus, I choose to fix my eyes on You today and not on everything competing for my attention. Develop the picture You have of me and make it real in my life. Amen.

DAILY ACTION:

Set a phone alarm for midday labeled "Look to Jesus" -- when it goes off, pause for sixty seconds and deliberately redirect your thoughts toward Him.

DAY:

Tuesday

TITLE:

Don't Let the World Squeeze You

KEY VERSE:

Romans 12:2 -- "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

REFLECTION:

I love how J.B. Phillips translates this verse: "Don't let the world squeeze you into its mold." That image is so real to me. The world has a shape it wants you to take -- fearful, small, compliant, uncertain. Every news headline, every negative voice, every discouraging word is pressure applied to the mold. But here's the truth I want you to hold onto today: you are not made for that mold. You were made for transformation. Transformation happens when you start feeding your mind on what God says rather than what the world screams. I'm not saying close your eyes to reality -- I'm saying choose whose reality you're going to live in. God's word produces a different image, a different shape, a different person. Refuse the squeeze today. You

belong to a different kingdom entirely.

PRAYER:

Lord, I refuse to let the world's fear and pressure define who I am. Renew my mind with Your truth today and transform me from the inside out. Amen.

DAILY ACTION:

Identify one media source or social media account that consistently stirs fear or negativity in you -- unfollow it, mute it, or limit it today.

DAY:

Wednesday

TITLE:

The Image You Carry

KEY VERSE:

Colossians 1:15 -- "He is the image of the invisible God, the firstborn over all creation."

REFLECTION:

When I look at Jesus in Colossians 1, I am reminded of just how big He really is. The worlds were made by Him and for Him. He holds everything together. There is no higher authority in the universe -- none. And this same Jesus lives inside you. That changes how I see myself, and I want it to change how you see yourself too. The image you carry on the inside will always determine what you live out on the outside. If you see yourself as small, defeated, and stuck, you'll live exactly that way. But when you understand that the creator of heaven and earth took up residence inside you, the picture changes completely. You stop walking into rooms apologizing for your presence. You stop shrinking when the enemy whispers. You carry something the world cannot manufacture -- Christ in you, the hope of glory.

PRAYER:

Father, help me truly grasp how great You are and how much of You lives inside me. Let that reality change the picture I carry of myself every single day. Amen.

DAILY ACTION:

Write down three specific words that describe who God says you are -- bold, loved, capable -- and speak them out loud before you leave the house today.

DAY:

Thursday

TITLE:

Faith Sees Further

KEY VERSE:

2 Corinthians 5:7 -- "For we walk by faith, not by sight."

REFLECTION:

Faith is not wishful thinking and it is not just a mindset technique. I want to be clear about that. The self-help

world borrows from truth but leaves out the most important part -- the Holy Spirit. Your mind can only take you so far. But faith is of the Spirit, and when the Spirit of God is behind what you believe, you are dealing with a power that far surpasses human imagination. Faith paints a picture of what God said is possible. It looks past the diagnosis, past the empty bank account, past the broken relationship, and sees what He promised. I walk by faith because my eyes, as good as they are, only show me the present. Faith shows me what God is doing and where He is taking me. Today, I want you to practice seeing further than what's in front of you. Let faith lead.

PRAYER:

Holy Spirit, teach me to trust what You show me more than what my eyes can see. I choose faith over fear and Your promises over my circumstances today. Amen.

DAILY ACTION:

Take one situation that feels hopeless right now and write down one specific promise from scripture that speaks directly to it -- then pray over that promise tonight.

DAY:

Friday

TITLE:

The Joy Set Before Him

KEY VERSE:

Hebrews 12:2 -- "...who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

REFLECTION:

I want to close this week with something that moves me deeply every time I think about it. When Jesus was on the cross -- beaten, naked, and in agony -- He was not looking at His suffering. He was looking at you. He saw you breaking free. He saw you stepping into the fullness of who He made you to be. He saw you throwing off the chains of sin, fear, and inferiority. And that picture brought Him joy. Not sorrow -- joy. You were worth the cross to Him. That means when you shrink back, when you settle for less than what He called you to, something is left unfinished that He already paid for. I refuse to waste what He purchased. This week has been about one thing: seeing yourself the way Jesus sees you. Now go live like it. The me I see is the me I'll be.

PRAYER:

Jesus, thank You for seeing me at my full potential even when I cannot see it myself. What You purchased on the cross, I will not waste -- I step forward in faith today. Amen.

DAILY ACTION:

Share one thing God showed you about yourself this week with a trusted friend, family member, or fellow church member -- speaking it out makes it more real.