

#### Day 1: Overcoming the Monster of More

Reading: Genesis 25:29-34; Proverbs 23:1-3

Devotional: Today's reading reminds us of Esau's impulsive decision to trade his birthright for a bowl of stew. How often do we, like Esau, give in to momentary desires at the expense of long-term blessings? The "monster of more" constantly whispers that we need just a little bit extra to be satisfied. But true contentment comes not from indulging our cravings, but from seeking God's will. Reflect on areas in your life where you might be sacrificing spiritual blessings for temporary satisfaction. Ask God to help you recognize His sufficiency in all things.

#### Day 2: The Power of Self-Control

Reading: Galatians 5:22-23; 1 Corinthians 9:24-27

Devotional: Self-control is a fruit of the Spirit, a gift from God that empowers us to resist temptation. Paul compares the Christian life to an athlete in training, emphasizing the importance of discipline. In a world that often promotes instant gratification, how can you cultivate self-control? Consider creating a "plan for impulsiveness" as mentioned in the sermon. Identify areas where you struggle with self-control and prayerfully develop strategies to resist temptation. Remember, through Christ, we have the power to overcome our desires and live in a way that honors God.

#### Day 3: Finding True Satisfaction in Christ

Reading: John 6:35-40; Psalm 107:8-9

Devotional: Jesus declares Himself the Bread of Life, promising that those who come to Him will never hunger or thirst again. Yet how often do we seek satisfaction in worldly things? Reflect on times when you've tried to fill a spiritual void with material possessions, achievements, or relationships. These may provide temporary relief but ultimately leave us wanting more. Today, focus on the sufficiency of Christ. Spend time in prayer, asking God to reveal areas where you're seeking fulfillment outside of Him. Trust in His promise to satisfy your deepest longings.

#### Day 4: God's Unconditional Love

Reading: Romans 5:6-8; 1 John 4:9-11

Devotional: Today's passages remind us of the profound truth that Jesus knew exactly who He was dying for when He went to the cross. He was fully aware of our flaws, failures, and future sins, yet chose to love us anyway. This unconditional love is the foundation of our salvation and the source of our hope. Take time to meditate on God's love for you personally. How does knowing that Christ died for you, fully aware of your shortcomings, impact your view of yourself and your relationship with Him? Let this truth inspire you to extend grace and forgiveness to others, just as you have received it.

#### Day 5: Escaping Temptation Through God's Strength

Reading: 1 Corinthians 10:12-13; James 4:7-8

Devotional: God promises that He will always provide a way of escape when we face temptation. This doesn't mean temptation will disappear, but rather that we have the power through Christ to resist it. The key is drawing near to God. When we submit ourselves to Him and resist the devil, we tap into a strength greater than our own. Today, identify a recurring

temptation in your life. Instead of relying on willpower alone, practice "drawing near to God" through prayer, Scripture meditation, or worship when you feel tempted. Trust in His faithfulness to provide a way out, and lean on His strength rather than your own.