

# THE POWER TO CHANGE

## DAILY DEVOTIONAL

### Day 1: The Power of Choice

**Bible Reading: Romans 12:1-2**

#### Devotional

God has given us the incredible gift of free will. As we reflect on Paul's words, let's consider how we can offer our lives as "living sacrifices" to God. This involves a daily choice to align our thoughts and actions with His will

#### Application

Today, focus on one area where you can consciously choose to think differently, allowing God to transform your mind. How might this change impact your interactions with others and your witness for Christ?

### Day 2: Responding with Love

**Bible Reading: Matthew 5:13-16**

#### Devotional

As "the light of the world," we're called to shine Christ's love even in difficult situations. Reflect on a recent instance where you reacted negatively to someone or something. How could you have responded differently to better reflect God's love? Remember, we may be the only Bible some people ever read.

#### Application

Today, take time to pray for wisdom and grace to respond lovingly, especially when faced with opposition or misunderstanding. Ask that God would give you the words to speak when faced with confrontation, and ask that as he guides your words, he guards your heart to lead with love in your response.

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### Day 3: Taking Thoughts Captive

**Bible Reading: 2 Corinthians 10:3-5**

#### Devotional

Our minds are battlegrounds, but we have the power to control our thoughts. Paul encourages us to "take captive every thought to make it obedient to Christ." Remember our words are often a reflection of our thought life, and what comes out is what we spend time thinking on.

#### Application

Today, practice awareness of your thought patterns. When negative or unproductive thoughts arise, consciously redirect them to align with God's truth. How can this practice help you maintain peace and show Christ's love to others, even in challenging circumstances?

### Day 4: Pursuing Peace

**Bible Reading: Romans 14:13-19**

#### Devotional

Peace is a choice we can make daily. Paul urges us to avoid judgment and instead focus on building others up. Consider your relationships – is there someone you've been critical of lately? How can you shift your focus from finding fault to encouraging and edifying that person?

#### Application

Today, ask God for the strength to be a peacemaker, remembering that your choices can significantly impact those around you. As you consider finding reconciliation, write a list of people you desire to mend fences with and pray over that list, asking for God to provide the words and the opportunity for conversation.

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## Day 5: The 90/10 Principle

**Bible Reading: Philippians 4:8-9**

### Devotional

While we can't control everything that happens to us, we can control our response. Meditate on Paul's advice to focus on what is true, noble, right, pure, lovely, and admirable. How might this perspective shift help you navigate the 10% of life's uncontrollable events?

### Application

Challenge yourself to respond to a difficult situation today by consciously choosing to think on these positive attributes. Reflect on how this impacts your emotional state and your interactions with others.