



St Barnabas Cray

Jesus Is Alive: Rededicate Your Heart Today

Weekly Devotional Journey

Monday - The Historical Reality of Jesus

Morning Devotion

Today's Verse

But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name. (John 20:31 NIV)

Devotional Thought

In our modern world, where truth itself has been categorised into countless definitions, we encounter the profound declaration that Jesus made: 'I am the way, the truth and the life.' This isn't merely a philosophical statement—it's grounded in historical reality. Even secular historians acknowledge that Jesus of Nazareth walked this earth, lived, and died. The question isn't whether Jesus existed, but rather what we'll do with this truth. The resurrection isn't just a nice story for Easter Sunday; it's the foundation upon which our faith stands. When we strip away the cultural trappings—the chocolate eggs and holiday traditions—we're left with the stunning reality that death could not hold the Son of God. This truth demands a response. It's not enough to simply

acknowledge Jesus as a historical figure or even as a good teacher. The evidence of His resurrection, witnessed by over 500 people, calls us to a decision. Will we allow this truth to transform our understanding of reality itself? The choice before us isn't whether Jesus lived—that's settled history. The choice is whether we'll live as though He truly rose from the dead.

Reflection Question

How does knowing that Jesus is historically real change the way you approach your doubts and questions about faith?

From Sunday's Sermon

"There is no doubt, speak to any historian. There is no doubt that a man named Jesus walked on the surface of this earth. There are documents, there are things to prove that Jesus existed, that Jesus came, he lived and he died. So if you choose not to believe, it is a choice, as is everything we do in life."

Today's Application

Begin each day this week by declaring aloud: 'Jesus is alive.' Notice how this truth affects your perspective on daily challenges. When faced with decisions at work, in relationships, or with money, ask yourself: 'How does the reality of Jesus' resurrection inform this choice?' Create space in your morning routine to read one Gospel account of Jesus' post-resurrection appearances. As you encounter scepticism—whether from others or from within your own heart—remind yourself that faith in Jesus isn't blind belief but trust grounded in historical evidence. Choose one relationship where you can naturally share why the historical reality of Jesus matters to you. Don't argue or debate; simply share how this truth has shaped your life. The goal isn't to win an argument but to bear witness to the One who conquered death.

Morning Prayer

Lord Jesus, thank You that my faith isn't built on wishful thinking but on the solid foundation of Your historical life, death, and resurrection. Help me to live today with the confidence that comes from knowing You are not just a figure from the past, but the living God who walks with me now. When doubts arise, remind me of the witnesses, the evidence, and the transformed lives that testify to Your reality. May this truth anchor my soul and give boldness to my witness. Amen.

Evening Devotion

Resting in Reality

Evening Reflection

As this day draws to a close, take a moment to reflect on the solid ground beneath your feet. In a world that seems increasingly uncertain, where truth itself is questioned and redefined, you have encountered today the One who simply is truth. Jesus doesn't need to defend His reality—He demonstrates it through changed lives, through peace that transcends understanding, through hope that endures even in darkness. Tonight, let the historical certainty of Jesus' existence and resurrection settle deep into your heart. This isn't merely intellectual knowledge but the foundation for a life of meaning and purpose. Rest in the knowledge that your faith has substance, that your hope has a name, and that your future is secure in the hands of the One who conquered death itself.

Evening Reflection

As you review this day, where did you sense Jesus' living presence most clearly?

Evening Prayer

Jesus, as I rest tonight, I'm grateful that You are not a distant historical figure but my living Lord. Thank You for the peace that comes from knowing my faith is grounded in truth. Help me sleep secure in Your reality and wake tomorrow ready to live in light of Your resurrection. Amen.

Tuesday - The Power of Holy Questions

Morning Devotion

Today's Verse

Then he said to Thomas, 'Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.' (John 20:27 NIV)

Devotional Thought

Thomas has been unfairly maligned throughout history as 'Doubting Thomas,' but perhaps we've missed the profound lesson his story offers. Thomas wasn't afraid to voice his questions, his struggles, his need for evidence. Rather than walking away from the community of believers, he remained present even in his uncertainty. This teaches us something vital about authentic faith: questions aren't the enemy of belief—they can be the pathway to deeper trust. In our relationships, asking questions strengthens bonds rather than weakening them. The same is true with Jesus. When we bring our honest doubts, our deepest questions, our desperate need for understanding to Him, we discover that He doesn't turn us away. Instead, He meets us exactly where we are. Jesus didn't rebuke Thomas for his questions; He provided the evidence Thomas needed. This reveals the heart of our Saviour—patient, understanding, willing to work with our human limitations. Too often, we think we must have perfect faith before approaching God, but Thomas shows us that Jesus welcomes us in our uncertainty and transforms our questions into stepping stones toward deeper faith.

Reflection Question

What honest questions about faith or life circumstances have you been afraid to bring to Jesus?

From Sunday's Sermon

"If you fail to ask Jesus questions, you are missing a lot. You need to ask him, what must I do to please you? What must I do?"

Today's Application

Set aside time this week for what you might call 'Thomas moments'—honest conversations with Jesus about your doubts and questions. Write down three specific questions you've been carrying about faith, God's will, or life circumstances. Don't sanitise them; bring them raw and real to Jesus in prayer. Research these questions through Scripture, trusted Christian resources, or conversations with mature believers. In your relationships, practise the art of asking meaningful questions. In your marriage, ask your spouse: 'How can I love you better this week?' With your children, ask: 'What's one thing you're worried about?' At work, ask colleagues how you can support them. Notice how questions deepen connection rather than creating distance. Remember that questioning isn't a sign of weak faith but often indicates a heart that wants to know God more deeply. Create space for others to voice their doubts without judgment, just as Jesus did with Thomas.

Morning Prayer

Lord Jesus, thank You for welcoming my questions and doubts. Help me to be like Thomas—honest about my struggles yet committed to remaining in community with other believers. Give me courage to ask the hard questions and patience to wait for Your answers. May my questions lead me into deeper intimacy with You, not further from You. Amen.

Evening Devotion

Present in Our Questions

Evening Reflection

Thomas's greatest strength wasn't his doubt—it was his decision to remain with the community of believers even while wrestling with uncertainty. How many of us, when facing questions or disappointments, choose isolation instead? Thomas shows us a better way. He stayed present, stayed engaged, stayed open to encounter Jesus again. Tonight, consider the questions you've been carrying. Perhaps some have found answers today; others may still be echoing in your heart. That's perfectly acceptable. What matters isn't having all the answers but remaining present to the One who is the Answer. Just as Thomas was present when Jesus appeared the second time, your willingness to stay engaged with faith, with community, with the possibility of encounter, positions

you to meet Jesus in fresh ways.

Evening Reflection

How has staying present in community during times of doubt or difficulty blessed your faith journey?

Evening Prayer

Jesus, thank You that You don't require perfect faith from me. Help me to remain present in community and open to Your presence, even when I'm wrestling with questions. May my doubts become doorways to deeper faith. Amen.

Wednesday - The Essential Choice

Morning Devotion

Today's Verse

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. (Revelation 3:20 NIV)

Devotional Thought

Life is fundamentally about choices, and the most significant choice we face isn't about career,

relationships, or location—it's about Jesus. Every day, in countless small and large ways, we're choosing whether we're for Jesus or not. This isn't a one-time decision made at an altar call; it's a daily, sometimes moment-by-moment choice to align our lives with His lordship. The beautiful truth is that Jesus doesn't force His way into our lives. He stands at the door of our hearts and knocks, waiting for our invitation. This reveals both His respect for our free will and His persistent love. He could overwhelm us with His power, but instead He woos us with His grace. Yet we must not mistake His patience for indifference or His gentleness for weakness. The choice before us carries eternal weight. To choose Jesus means to acknowledge that we cannot save ourselves, that we need a Saviour, that His way is better than our way. It means surrendering our illusion of control and trusting in His perfect love. To choose against Jesus—whether through active rejection or passive indifference—is to choose to face life's storms, death's sting, and eternity's questions with only our own resources. The choice is ours, but the consequences are real and lasting.

Reflection Question

In what areas of your life are you still hesitant to fully choose Jesus' way over your own?

From Sunday's Sermon

"Are we for Jesus or are we not? You see however you see it, however you see it, that sacrifice on the cross on that day happened however you want to say it... The reality is there is no other God like our God. There is no reason to live much more than Jesus."

Today's Application

Conduct a gentle but honest audit of your life's priorities. Look at your calendar, your bank statements, your conversation topics, your entertainment choices. What do these reveal about your daily choices regarding Jesus? Identify one area where you've been choosing your way over Jesus' way—perhaps in how you handle conflict, spend money, use time, or treat difficult people. Make a specific plan to align this area with His teachings. Practice the discipline of conscious choice-making: before making decisions this week, pause and ask, 'What would choosing Jesus look like in this situation?' This isn't about legalism but about training your heart to naturally turn toward Him. Share your faith story with someone this week—not as a sales pitch, but as a

testimony to the difference choosing Jesus has made in your life. Remember that your choices influence others; live in such a way that people are drawn to consider Jesus because of what they see in you.

Morning Prayer

Lord Jesus, I hear You knocking at the door of my heart, and I choose to open it wider to You today. Forgive me for the areas where I've been trying to keep control instead of trusting Your way. Help me to make choices that reflect my love for You and my confidence in Your goodness. May every decision today be an act of worship and surrender to You. Amen.

Evening Devotion

The Daily Yes

Evening Reflection

Each day presents us with countless opportunities to say yes to Jesus—in how we respond to frustration, show kindness to strangers, handle disappointment, or extend forgiveness. Tonight, reflect on the choices you made today. Where did you sense His gentle knock on your heart's door? Perhaps it was in a moment of temptation when you chose integrity, or in a conversation where you chose grace over judgment. These seemingly small choices are actually profound acts of faith. They're the daily threads that weave together to form the tapestry of a life surrendered to Christ. Don't be discouraged if you recognise moments when you chose poorly. His mercies are new every morning, and tomorrow brings fresh opportunities to align your choices with His heart.

Evening Reflection

What was one moment today when you clearly sensed Jesus knocking at your heart's door, and how did you respond?

Evening Prayer

Jesus, thank You for Your patience with me as I learn to choose Your way consistently. Forgive me for the times today when I chose my own path instead of Yours. Tomorrow, help me to be more aware of Your gentle knock and quicker to open the door of my heart to You. Amen.

Thursday - The Danger of Isolation

Morning Devotion

Today's Verse

And let us consider how we may spur one another on towards love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. (Hebrews 10:24-25 NIV)

Devotional Thought

One of the most dangerous responses to hurt, disappointment, or doubt is isolation from the community of believers. When we withdraw from fellowship, we often think we're protecting ourselves, but we're actually making ourselves more vulnerable. The Bible teaches that 'iron sharpens iron,' and when we remove ourselves from this sharpening process, our spiritual edge becomes dull. We are relational beings, created for community, and isolation goes against our very design. When we consistently surround ourselves with unbelievers while avoiding fellowship with other Christians, we shouldn't be surprised when our faith begins to waver. This isn't about the superiority of Christians over non-Christians; it's about the reality that we become like those we spend time with. Friendship with the world's values system creates enmity with God's values system. The danger isn't in having non-Christian friends—Jesus ate with tax collectors and sinners. The danger is in allowing worldly thinking to become our primary influence while cutting ourselves off from those who can encourage us in faith. Thomas's story is instructive here: he had doubts, but he remained with the disciples. Because he stayed in community, he was present when Jesus appeared again. Had he isolated himself, he might have missed that life-changing encounter entirely.

Reflection Question

Are there any hurts or disappointments that have caused you to withdraw from Christian community, and how might this be affecting your spiritual health?

From Sunday's Sermon

"You see, staying away from fellowship does not answer the question. I have seen people who have stayed away because of some hurt. And they've stayed away not realizing that that which you have can be taken away from you... The Bible says that friendship with the world is enmity with God."

Today's Application

If you've been avoiding church or Christian fellowship due to hurt or disappointment, take one small step back toward community this week. This might mean attending a service, joining a small group, or simply having coffee with a mature Christian friend. Don't wait until you feel ready—often, we heal in community, not in isolation. Evaluate your closest relationships: are they encouraging your faith or subtly undermining it? This doesn't mean cutting off non-Christian friends, but rather ensuring you have strong Christian influences in your life. Commit to being the kind of community member who helps others want to stay connected. Reach out to someone who might be struggling or isolated. Be intentional about creating fellowship opportunities—invite people for meals, start a prayer group, or organise service projects together. Remember that community isn't just about what you receive but what you contribute. Ask God how you can be iron that sharpens iron for others.

Morning Prayer

Lord Jesus, thank You for designing me for community and relationship. Forgive me for times when I've chosen isolation over fellowship, thinking I could go it alone. Help me to be vulnerable enough to receive encouragement from others and mature enough to offer it. Show me how to build and strengthen the Christian community around me. Amen.

Evening Devotion**Held by Community****Evening Reflection**

As you end this day, consider the invisible threads of love and prayer that connect you to other

believers around the world. Even in moments when you feel alone, you're part of a vast family of faith that spans generations and continents. The community of believers isn't just about Sunday morning gatherings; it's about the ongoing reality that you're never truly alone in your struggles. Tonight, think about the people God has placed in your life to encourage your faith journey. Perhaps it's a mentor who speaks wisdom, a friend who prays faithfully, or even someone newer in faith whose enthusiasm refreshes your own. These relationships are gifts from God, designed to help you stay strong when the journey gets difficult. Let gratitude for these connections fill your heart as you rest.

Evening Reflection

Who in your Christian community has been particularly encouraging to your faith recently, and how might you express gratitude to them?

Evening Prayer

Father, thank You for the gift of Christian community. Help me never to take for granted the believers You've placed in my life. May I sleep tonight aware of the prayers and love that surround me, and may I wake tomorrow ready to be that same encouragement for others. Amen.

Friday - Extraordinary by Design

Morning Devotion

Today's Verse

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. (1 John 4:4 NIV)

Devotional Thought

There's something fundamentally different about a person who has genuinely encountered Jesus Christ. It's not arrogance or superiority—it's the reality that 'greater is he that is in me than he that is in the world.' When Jesus becomes your companion, your friend, the one you speak with always, your life cannot remain the same. This transformation isn't about perfection; it's about the presence of the living God within you. The world may not be able to articulate what they sense in authentic Christians, but they recognise something different. It's the peace that doesn't make sense given your circumstances. It's the hope that persists despite disappointments. It's the love that extends even to difficult people. It's the joy that bubbles up from a source deeper than temporary happiness. This extraordinariness isn't about your own abilities or achievements—it's entirely about whose you are. When Christ dwells within you, His character begins to manifest through your personality, His love flows through your relationships, His wisdom guides your decisions. You become a walking demonstration of resurrection power, not because you're special in yourself, but because you've been made special by His indwelling presence. The challenge is to live consciously aware of this reality, to walk in the confidence that comes from knowing whose you are.

Reflection Question

How has having Jesus in your life made you different from who you were before, and how might others recognise this difference?

From Sunday's Sermon

"I tell people I'm no ordinary man. You cannot see me as a Christian and call me ordinary, because greater is he that is in me than he that is in the world. There is something extraordinary about a

Christian."

Today's Application

Begin each day this week by reminding yourself: 'I am not ordinary because Christ lives in me.' Let this truth influence how you approach challenges, relationships, and opportunities. When facing difficulties at work, remember that you have access to divine wisdom. When dealing with difficult people, remember that Christ's love can flow through you in supernatural ways. Practice living from the inside out—let Christ's presence in you determine your responses rather than external circumstances. Look for opportunities to demonstrate the 'extraordinariness' of Christian living through acts of unexpected kindness, unusual patience, or radical forgiveness. Keep a journal this week noting moments when you sensed Christ's presence enabling you to respond in ways that surprised even yourself. Share with someone how Jesus has made you different—not in a boastful way, but as a testimony to His transforming power. Remember that this extraordinariness isn't about performance but about presence—His presence in you.

Morning Prayer

Lord Jesus, thank You that Your presence within me makes me extraordinary, not because of anything I've done, but because of who You are. Help me to live today conscious of Your indwelling presence. May others see something different in me that points them to You. Let Your life flow through mine in ways that bring glory to Your name and blessing to others. Amen.

Evening Devotion

Renewed and Extraordinary

Evening Reflection

As this week of reflection draws to a close, you've journeyed through the foundational truths of faith: Jesus' historical reality, the importance of honest questions, the necessity of daily choice, the strength found in community, and the extraordinary life that flows from His indwelling presence. These aren't merely theological concepts but living realities that can transform every aspect of your existence. Tonight, like couples who renew their wedding vows, consider this an opportunity for spiritual renewal. Perhaps you've wandered from your first love, or maybe you've never fully surrendered to Jesus' lordship. This moment, this quiet space at the end of the day, is perfect for rededication. Jesus is still knocking at the door of your heart, still offering His transforming

presence, still ready to make your ordinary life extraordinary through His indwelling power. The invitation remains open, the love remains constant, and the promise remains sure: in Christ alone, you truly live and breathe and have your being.

Evening Reflection

As you reflect on this week's journey, what is one way you sense Jesus calling you to renewed commitment or deeper surrender?

Evening Prayer

Jesus, as this week ends, I want to renew my commitment to You. Thank You for Your patience with my questions, Your forgiveness for my poor choices, and Your faithfulness despite my wandering. I rededicate my life to You tonight. Have Your way in me. Make me extraordinary through Your presence. I love You, Lord. Amen.