



St Barnabas Cray

"Jesus: The Way to Your Heavenly Home"

Weekly Devotional Journey

Monday - When Hearts Are Troubled

Morning Devotion

Today's Verse

Do not let your hearts be troubled. You believe in God; believe also in me. In my Father's house there are many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? (John 14:1-2 NIV)

Devotional Thought

Jesus spoke these tender words at one of the most turbulent moments in his disciples' lives. They had just heard devastating news: one would betray him, another would deny him, and Jesus himself was going somewhere they couldn't follow. Everything they had built their lives upon seemed to be crumbling. Yet in this moment of profound uncertainty, Jesus didn't offer platitudes or empty reassurances. Instead, he pointed them to two unshakeable truths: God's faithfulness and his own divine nature. The phrase 'do not let your hearts be troubled' isn't a command to suppress emotions or pretend everything is fine. Rather, it's an invitation to anchor our hearts in something

deeper than our circumstances. When life throws everything at us—when relationships fracture, when health fails, when dreams collapse—we're invited to remember that God remains in the middle of all of this. The disciples' world was about to be turned upside down, but Jesus was already preparing for what came next. This is the heart of Christian hope: even in our darkest moments, God is working ahead of us, preparing something beautiful we cannot yet see.

Reflection Question

What current circumstances are troubling your heart, and how might Jesus be inviting you to trust him in the midst of them?

From Sunday's Sermon

"When the challenges of life come, when we are faced with tough times, with trying times, sometimes we forget. Sometimes we forget that God remains in the middle of all of this."

Today's Application

Today, identify one specific worry that has been weighing on your heart. Instead of trying to solve it immediately or push it away, bring it consciously before Jesus. Write it down if helpful, then place your hand over your heart and speak Jesus's words aloud: 'Do not let your heart be troubled.' Practice returning to this phrase throughout the day whenever anxiety rises. In your relationships, resist the urge to burden others with constant worry-talk. Instead, share your concerns honestly but also speak of God's faithfulness. At work, when stress mounts, take brief moments to remember that your ultimate security isn't found in performance or outcomes, but in Christ's preparation for your future. Before sleep, spend five minutes recounting God's faithfulness in past difficulties, allowing these memories to settle your heart for rest.

Morning Prayer

Lord Jesus, you know the troubles that weigh heavy on my heart today. You understand the fears that keep me awake and the anxieties that cloud my vision. Help me to hear your gentle voice saying, 'Do not let your heart be troubled.' Teach me to anchor my hope not in changing circumstances, but in your unchanging character. When everything around me feels uncertain, remind me that you are already preparing something good ahead of me. Grant me the grace to trust you today, even when I cannot see the way forward. Amen.

Evening Devotion

Resting in His Preparation

Evening Reflection

As this day draws to a close, consider how Jesus's promise to prepare a place for you has been a quiet backdrop to all your activities. Whether today brought unexpected challenges or simple routines, the truth remains: Christ has been working on your behalf. The disciples couldn't have imagined how their story would unfold—the resurrection, Pentecost, the spread of the Gospel. Similarly, we cannot see how God is weaving our present struggles into his greater purposes. Tonight, let your heart rest in the knowledge that Jesus is not simply waiting for you in eternity, but actively preparing for your arrival. Every prayer you've prayed, every act of faithfulness, every moment of trust—none of it is wasted in his economy.

Evening Reflection

How did you sense God's presence or preparation in your life today, even in small ways?

Evening Prayer

Father, as I prepare for sleep, I entrust my troubled heart to you. Thank you that even now, you are working ahead of me, preparing good things I cannot yet imagine. Help me rest in your faithful love tonight. Amen.

Tuesday - The Courage to Ask

Morning Devotion

Today's Verse

Thomas said to him, 'Lord, we don't know where you are going, so how can we know the way?' Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.' (John 14:5-6 NIV)

Devotional Thought

Thomas often gets a reputation as the doubter, but perhaps we should see him as the brave questioner. When Jesus spoke of going away, the other disciples sat in confused silence. Only Thomas had the courage to voice what they were all thinking: 'We don't know where you're going, so how can we know the way?' His honest question opened the door for one of Jesus's most profound declarations. There's something beautiful about Thomas's willingness to admit confusion rather than pretend understanding. In our Christian walk, we often feel pressure to have all the answers, to project certainty we don't feel. But God isn't threatened by our questions or confused by our confusion. He invites our honest enquiry. When we don't understand his ways, when his timing seems unclear, when his purposes appear hidden—these are precisely the moments to follow Thomas's example. Jesus's response to Thomas wasn't irritation but revelation. 'I am the way'—not just showing the way, but being the way itself. This means that following Jesus isn't primarily about understanding a set of directions, but about staying close to a Person. The way forward isn't always clear, but the Way himself is always present.

Reflection Question

What honest questions about faith or God's ways have you been hesitant to voice, and how might bringing them to Jesus in prayer open doors to deeper understanding?

From Sunday's Sermon

"It is important that you ask. When we don't ask, we don't receive. Anytime you're in doubt, don't let it drag. Ask. Ask the Lord. He's not upset when you ask him."

Today's Application

Begin today by identifying one area of your faith where you've been carrying confusion or doubt silently. Follow Thomas's example by bringing this honestly before God in prayer—not as a challenge to his authority, but as a genuine request for understanding. In conversations with other believers, practice the art of honest questioning rather than pretending certainty you don't possess. This vulnerability often encourages others to share their own struggles. At work or in daily interactions, remember that following 'the Way' means embodying Christ's character in practical decisions—choosing honesty over convenience, kindness over efficiency, integrity over advancement. When facing decisions today, ask not just 'What should I do?' but 'How does Jesus want to be the way through this situation?' Spend time reading Scripture with a questioning heart, asking God to reveal himself through his Word rather than simply confirming what you already think you know.

Morning Prayer

Lord Jesus, thank you that you welcome my questions and aren't threatened by my confusion. Like Thomas, I sometimes don't understand where you're leading or how to follow. Help me to remember that you are not just showing me the way—you are the Way itself. Give me courage to ask honest questions and wisdom to trust you even when answers don't come immediately. Teach me to walk closely with you, knowing that staying near you is more important than understanding every step of the journey. Amen.

Evening Devotion

Walking with the Way

Evening Reflection

Tonight, reflect on how Jesus as 'the Way' has been present in your day's journey. Perhaps you noticed his guidance in a difficult conversation, his peace in a stressful moment, or his love expressed through another person. The beauty of Jesus being the Way is that we don't have to figure out the entire route—we simply need to take the next step with him. Thomas's question led to one of the most comforting truths in Scripture: we follow not a map, but a Person. As you review today, notice where you tried to forge ahead on your own understanding versus where you trusted Christ to be the way through circumstances. Tomorrow offers fresh opportunities to walk closely

with him.

Evening Reflection

Where did you sense Jesus being 'the Way' for you today, and where did you try to find your own path?

Evening Prayer

Jesus, thank you for being the Way through every part of today. Forgive me for the times I tried to navigate life in my own strength. Help me rest tonight knowing that tomorrow's path will unfold as I walk closely with you. Amen.

Wednesday - Living the Truth

Morning Devotion

Today's Verse

Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.' (John 14:6-7 NIV)

Devotional Thought

When Jesus declares himself to be 'the truth', he's making a claim that cuts through all our cultural confusion about relative truth and personal perspectives. In a world where everyone is encouraged to 'live their truth', Jesus stands as the Truth itself—not merely one perspective among many, but the definitive revelation of reality. This isn't an abstract philosophical concept, but a deeply personal claim. Jesus is saying that in him, we encounter ultimate reality about God, about ourselves, and about the nature of existence. The truth Jesus embodies isn't harsh or condemning, but liberating. It's the truth that sets us free from pretence, from the exhausting work of maintaining false versions of ourselves, from the anxiety of never knowing where we truly stand. Living in Jesus as the Truth means we can stop performing and start becoming. It means our identity is rooted not in others' opinions or our own achievements, but in his unchanging love. This truth transforms how we approach relationships—we can afford to be genuine because our worth isn't dependent on others' approval. It changes how we handle failure—mistakes don't define us because his grace does. The truth of who Jesus is becomes the foundation for who we are becoming.

Reflection Question

In what areas of your life are you tempted to live by the world's shifting definitions of truth rather than anchoring yourself in Christ as the Truth?

From Sunday's Sermon

"The truth is that all of this life is a preparation for the life hereafter. Everything you would do in this side of eternity is a preparation for where you will spend the rest of eternity."

Today's Application

Today, practice living from the truth of your identity in Christ rather than seeking validation from external sources. When facing criticism or praise, remind yourself that your worth is established by Jesus, not by others' opinions. In conversations, commit to speaking truthfully with love rather than saying what you think others want to hear. This doesn't mean being harsh, but being authentic and kind. At work, let Christ's truth about integrity guide your decisions, even when shortcuts or small compromises seem easier. When consuming media or social content, ask yourself: 'How does this align with Jesus as the Truth?' Choose to fill your mind with what is true, noble, and worthy of

praise. Before making any significant decision today, pause and ask: 'What would it look like to respond from the truth of who I am in Christ?' Allow this truth to shape your choices rather than reacting from insecurity, fear, or the need to impress others.

Morning Prayer

Lord Jesus, you are the Truth in a world full of confusion and shifting values. Help me to anchor my identity, my decisions, and my relationships in the truth of who you are and who I am in you. Free me from the exhausting work of maintaining false versions of myself. Give me courage to live authentically, speak honestly, and love genuinely. When the world offers competing definitions of truth, help me remember that you are the standard by which all else is measured. Transform my heart and mind by your truth today. Amen.

Evening Devotion

Anchored in Reality

Evening Reflection

As you reflect on today, consider how living anchored in Jesus as the Truth has affected your interactions and decisions. Perhaps you noticed moments when you chose authenticity over performance, or when Christ's truth about your worth helped you respond to criticism with grace. The truth isn't always comfortable—it sometimes exposes areas where we've been living in self-deception or compromise. But this exposure is healing, like light that reveals infection so it can be treated. Tonight, let Jesus's truth settle deep into your heart. You are loved, chosen, and being prepared for eternity. These aren't feel-good platitudes but solid realities that can anchor your soul in any storm.

Evening Reflection

How did anchoring yourself in Christ as the Truth change your responses or decisions today?

Evening Prayer

Lord, thank you for being the Truth that sets me free from pretence and performance. Help me rest tonight in the reality of your love, letting your truth about who I am sink deep into my heart. Amen.

Thursday - Abundant Life in the Midst of Struggle

Morning Devotion

Today's Verse

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep.
(John 10:10-11 NIV)

Devotional Thought

When Jesus claims to be 'the life', he's offering something far richer than mere existence or even happiness. The abundant life he promises isn't the absence of difficulty, but the presence of divine life flowing through us in the midst of our circumstances. Consider Stephen, whose story we read alongside our Gospel passage. As stones flew toward him, Stephen exhibited a quality of life that defied explanation—he prayed for his persecutors, saw heaven opened, and died with peace rather than bitterness. This is the Christian life that humanity doesn't understand. How can someone being stoned pray for those throwing the stones? This supernatural response is only possible when Christ's life flows through us, transforming us from the inside out. The abundant life Jesus offers isn't dependent on comfortable circumstances or the absence of trials. It's the life that can find joy in suffering, hope in disappointment, and love for enemies. This life comes not through trying harder to be good, but through allowing Jesus to live his life through us. When we spend time in his Word, when we commune with him in prayer, when we surrender our will to his, we discover that his life begins to animate our existence in ways that surprise even us.

Reflection Question

Where in your current circumstances is Jesus inviting you to experience his abundant life rather than merely surviving or coping?

From Sunday's Sermon

"There is a life that humanity does not understand. The life of a Christian is never understood. How can you be stoned and yet you are praying for the people who are stoning you? That is the Christian way, brothers and sisters."

Today's Application

Today, look for opportunities to demonstrate Christ's life flowing through you in practical ways. When someone treats you poorly, instead of responding defensively, ask Jesus to give you his heart of compassion for that person. In mundane tasks—whether washing dishes, answering emails, or sitting in traffic—practice experiencing these moments as opportunities for Christ's life to be expressed through you rather than obstacles to endure. When facing stress or pressure, pause and invite Jesus to live his peace through your situation rather than trying to manufacture calm through your own effort. Spend at least fifteen minutes today reading Scripture, not as a duty but as communion with the One who is Life itself. Ask him to reveal himself to you through his Word. In conversations, practice listening with Christ's love, speaking with his wisdom, and responding with his grace. At day's end, reflect on moments when you sensed his life flowing through you versus times when you operated from your own strength.

Morning Prayer

Lord Jesus, you are not just the giver of life, but Life itself. I confess that too often I try to live from my own strength rather than drawing from your abundant life. Fill me afresh today with your Spirit. Help me to experience your life flowing through me in every interaction, every challenge, every ordinary moment. When difficulties come, remind me that your life in me is greater than any circumstance around me. Teach me to live not just for you, but from you, allowing your character to be expressed through my personality, your love through my relationships, your peace through my responses. Amen.

Evening Devotion

Life-Giving Presence

Evening Reflection

Tonight, consider how Christ's life was expressed through you today. Perhaps you surprised yourself with patience in a frustrating situation, or found joy in an ordinary moment, or responded with kindness when you felt like reacting harshly. These glimpses of his life flowing through you are foretastes of the abundant life he promises. Stephen's supernatural response to persecution wasn't the result of his own goodness, but of Christ's life so filling him that even death couldn't diminish it. While we may not face stones, we all encounter opportunities to let Christ's life shine through our

responses to difficulty, disappointment, or even daily routine. Rest tonight knowing that his life in you is preparing you for the fullness of life that awaits in eternity.

Evening Reflection

What moments today gave you glimpses of Christ's abundant life flowing through you?

Evening Prayer

Jesus, thank you for the gift of your life within me. Help me rest in the knowledge that your abundant life is not dependent on my circumstances but flows from your presence in me. Prepare my heart for tomorrow's opportunities to experience and express your life. Amen.

Friday - Preparing for Eternity

Morning Devotion

Today's Verse

And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going. (John 14:3-4 NIV)

Devotional Thought

Jesus's promise to prepare a place for us transforms how we understand both our present

struggles and our eternal destiny. This isn't merely about a future destination, but about a relationship that begins now and extends into eternity. The place Jesus is preparing isn't just a location—it's a dwelling place where we will be with him forever. This promise should reshape our entire perspective on life. Every challenge we face, every act of obedience, every moment of faithfulness is part of our preparation for that eternal dwelling. The difficulties that seem so overwhelming today are temporary, but the character being formed in us through them is eternal. When we grasp this truth, it changes how we approach everything—our work becomes service to the King, our relationships become opportunities to love as he loves, our sufferings become pathways to deeper fellowship with him. The Christian life is never fully understood by the world because we're living for a different kingdom, preparing for a different home. We can endure present hardships because we know they're not the end of the story. We can invest in things that don't immediately pay off because we're working for eternal rewards. We can love sacrificially because we know that nothing done in love is ever wasted in God's economy.

Reflection Question

How does the reality of Jesus preparing a place for you change your perspective on current challenges and daily choices?

From Sunday's Sermon

"He's going to prepare a place for us. A place where we don't pay electricity bills. A place where you won't need to pay water bills. A place where there's no council tax. You don't have to pay rent. A place where there will be no more tears and no more sorrow."

Today's Application

Today, live with conscious awareness that you're a citizen of heaven temporarily residing on earth. In work situations, ask yourself: 'How does this task or interaction prepare me for eternity?' When facing financial pressures or material concerns, remember that Jesus is preparing a place where such worries won't exist—let this truth bring perspective to your anxiety. In relationships, invest in what will last forever: showing Christ's love, speaking words of life, demonstrating forgiveness and grace. When making decisions about how to spend your time, energy, or resources, consider their

eternal significance. Choose activities and commitments that align with your heavenly citizenship. Spend time today in Scripture and prayer, not as religious duty but as communion with the One who is preparing your eternal home. Before sleep tonight, thank God for specific ways he's been preparing you through today's experiences—both pleasant and difficult—for the life to come.

Morning Prayer

Lord Jesus, thank you for the incredible promise that you are preparing a place for me. Help me to live today with the reality of eternity in view. When present troubles seem overwhelming, remind me that they are temporary and that you are working all things together for my good and your glory. Give me wisdom to invest in what matters for eternity—relationships, character, and faithfulness to you. Help me to be a faithful steward of this life, knowing that it's preparation for the life to come. Fill me with hope and joy as I anticipate the day when I will be with you forever in the place you've prepared. Amen.

Evening Devotion

Home in His Heart

Evening Reflection

As this week of reflection draws to a close, rest in the beautiful truth that has woven through each day: Jesus is the Way who guides us, the Truth who defines us, and the Life who fills us. He is preparing a place for us that surpasses anything we can imagine. Tonight, let your heart be settled not by your circumstances, but by his character. The disciples' troubled hearts found peace not in understanding everything, but in trusting Someone. Your heart can find that same peace. Whatever tomorrow brings, whatever challenges await, whatever joys or sorrows lie ahead, Jesus remains the constant. He is preparing something beautiful for you, and he is preparing you for something beautiful. This is the hope that anchors the soul—not wishful thinking, but solid confidence in his faithful promises.

Evening Reflection

As you look back over this week, how has your understanding of Jesus as the Way, Truth, and Life deepened your trust in his preparations for you?

Evening Prayer

Father, thank you for this week of dwelling on the truth of who Jesus is and what he's preparing for me. Let these truths take deep root in my heart. Help me to live each day with the confidence that comes from knowing I belong to you and that my future is secure in your hands. Until that day when I see you face to face, help me to walk faithfully as your child. Amen.