



## St Barnabas Cray

# Decide to Trust the Lord Completely

## Weekly Devotional Journey

### Monday - The Fear That Brings Blessing

#### Morning Devotion

##### Today's Verse

Praise the Lord. Blessed are those who fear the Lord, who find great delight in his commands.  
(Psalm 112:1 NIV)

##### Devotional Thought

When we encounter the word 'fear' in relation to God, our modern minds often recoil. Yet the psalmist presents this fear as the pathway to blessing. This isn't the dread that makes us want to run and hide, but rather a reverential respect that draws us closer to the Almighty. The Hebrew concept encompasses worship, honour, reverence, and adoration—a holy awe that recognises God's majesty and our dependence upon Him.

The beautiful connection between fearing God and delighting in His commands reveals something profound about the Christian life. When we truly understand who God is—His holiness, His love,

His sovereignty—our hearts naturally incline towards what pleases Him. This isn't burdensome obedience born of obligation, but joyful submission flowing from relationship. The commands of God become not restrictions but invitations into His best for our lives.

This fear of the Lord serves as the foundation for all wisdom and understanding. It positions our hearts rightly before God, acknowledging His rightful place as Lord whilst recognising our place as beloved children. When we fear God properly, we need fear nothing else improperly.

### **Reflection Question**

How would you describe your current relationship with God's commands—do they feel like burdens to bear or delights to discover?

### **From Sunday's Sermon**

"How does an individual know that they fear the Lord? The question you ask yourself is, how much do I delight in his commands? How often do I do what is good?"

### **Today's Application**

Begin each morning this week by asking yourself: 'How can I honour God today?' Notice throughout your day when you face choices—in conversations, work decisions, how you spend your time or money. Before acting, pause and consider: 'Will this bring delight to God?' This isn't about perfectionism but about cultivating a heart that genuinely wants to please the One who loves you. Keep a simple journal noting moments when you sensed God's pleasure in your choices and times when you felt convicted to choose differently. Pay attention to how your delight in God's ways grows as you practise this reverential awareness. Remember, this fear of the Lord isn't about walking on eggshells but about walking in wonder at His goodness and grace.

**Morning Prayer**

Heavenly Father, teach me what it means to truly fear You—not with dread but with reverence and awe. Help me to see Your commands not as burdens but as pathways to blessing. Transform my heart so that what pleases You becomes my delight. Give me wisdom to recognise Your voice and courage to follow Your ways. May my life reflect the beauty of walking in holy fear before You. Amen.

**Evening Devotion****Resting in Reverential Love****Evening Reflection**

As this day draws to a close, reflect on the moments when you sensed God's presence and guidance. The fear of the Lord that we explored this morning isn't meant to exhaust us with constant worry about pleasing God, but rather to create a restful awareness of His loving authority over our lives.

Perhaps today brought decisions where you paused to consider God's heart. Maybe you found yourself naturally wanting to honour Him in small choices. Or possibly you noticed areas where your heart still resists His gentle authority. All of these responses are normal parts of growing in reverential love for God.

The beautiful truth is that God delights in our desire to please Him, even when we stumble. His commands flow from His character of love, and as we learn to fear Him rightly, we discover that His ways truly are good.

**Evening Reflection**

Looking back on today, where did you sense God's pleasure in your choices, and where do you long to grow in honouring Him?

### Evening Prayer

Lord, thank You for this day and for the privilege of walking with You. Forgive me where I failed to honour You, and help me rest in Your grace. As I sleep, continue to shape my heart to delight in Your ways. Amen.

## Tuesday - The Daily Cross of Discipleship

### Morning Devotion

#### Today's Verse

Then he said to them all: 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.' (Luke 9:23 NIV)

#### Devotional Thought

Jesus' call to discipleship is both an invitation and a challenge that cuts to the heart of what it means to follow Him. The cross we're called to carry isn't a wooden beam, but something far more demanding—a daily willingness to set aside our selfish interests and endure whatever may come as we follow Christ.

This daily cross-bearing represents a fundamental reorientation of our lives. Each morning, we're invited to make a fresh decision: will I live for myself today, or will I live for Jesus? Will I pursue my own agenda, or will I ask what Jesus would do in my circumstances? This isn't a one-time commitment but a daily surrender that shapes every aspect of our existence.

The amplified version reminds us that following Jesus means being willing to endure whatever may come—not because God delights in our suffering, but because living counter-culturally for Christ will inevitably bring challenges. Yet this isn't the grim resignation of a defeated life, but the joyful determination of someone who has found something worth living and dying for. When we truly understand who Jesus is and what He offers, taking up our cross becomes not a burden but a privilege.

### Reflection Question

What specific selfish interests or comfortable patterns might God be asking you to set aside in order to follow Him more fully?

### From Sunday's Sermon

"Taking up our cross daily is about expressing a willingness to endure whatever may come. Whatever may come, I will follow what Jesus would do."

### Today's Application

Identify one area where your natural inclination conflicts with what you believe Jesus would do—perhaps in how you respond to difficult people, use your money, spend your free time, or handle conflict. This week, before acting in that area, pause and ask: 'What would Jesus do here?' Then choose His way, even if it costs you something. This might mean apologising when you'd rather defend yourself, giving generously when you'd prefer to hoard, or serving when you'd rather be served. Notice the internal resistance that arises—this is your 'cross' in that moment. Embrace it willingly, knowing that this is how character is formed and how we become more like Christ. Keep track of these moments and pray for strength to choose Jesus' way consistently.

**Morning Prayer**

Lord Jesus, I want to be Your disciple, but I confess that taking up my cross daily feels overwhelming. Give me grace to deny myself and wisdom to know what that looks like in practical terms. Help me to see the privilege, not just the cost, of following You. Strengthen me to endure whatever may come as I seek to live like You. Amen.

**Evening Devotion****Counting the Cost with Joy****Evening Reflection**

Tonight, consider the moments today when you felt the weight of your cross—those times when following Jesus required something of you. Perhaps you chose patience when you felt frustrated, generosity when you wanted to be stingy, or truth when a lie would have been easier.

These moments of self-denial aren't defeats but victories. Each time we choose Jesus' way over our natural inclination, we're being transformed into His likeness. The cross we carry daily isn't meant to crush us but to conform us to Christ.

Remember that Jesus Himself carried a cross, and He did it for love—love for His Father and love for us. When we carry our daily cross, we participate in His mission of love in the world.

**Evening Reflection**

How did carrying your cross today—choosing Jesus' way over your own—shape your heart and character?

**Evening Prayer**

Jesus, thank You for the example of Your cross and for the privilege of sharing in Your sufferings through my daily choices. Help me to see each act of self-denial as a step closer to You. Give me rest now and courage for tomorrow's cross. Amen.

## Wednesday - The Spirit's Help in Holy Living

### Morning Devotion

#### Today's Verse

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. (John 16:13 NIV)

#### Devotional Thought

The Old Testament reveals a sobering pattern: God's people repeatedly failed to keep His commands despite their best intentions. The Law was perfect, but human nature was weak. The Israelites stumbled again and again, unable to maintain the righteousness God required. This wasn't due to inadequate instruction or insufficient motivation—it was because they were attempting something impossible in human strength alone.

Jesus came not only to fulfil the Law perfectly but to make a way for us to live the life God desires. Through His death and resurrection, He opened the door for the Holy Spirit to dwell within believers, providing the supernatural assistance we desperately need. What was impossible under the old covenant becomes possible under the new—not because the standards have been lowered, but because we have been given divine help.

As Christians, we are not left to navigate the complexities of holy living on our own. The Holy Spirit serves as our constant companion, guide, and source of strength. He illuminates God's will, convicts us of sin, empowers us for righteousness, and transforms us from the inside out. This isn't about trying harder but about learning to depend on the Spirit's enabling grace. The Christian life is fundamentally a supernatural life that requires supernatural assistance.

#### Reflection Question

In what areas of your life are you trying to live righteously in your own strength rather than depending on the Holy Spirit's help?

**From Sunday's Sermon**

"Your companion on your Christian journey must be the Holy Spirit, because it's the Holy Spirit that helps you and I to be able to live that life."

**Today's Application**

Throughout this day, practice conscious dependence on the Holy Spirit. When you face temptation, whisper a prayer asking for His strength. When you need wisdom for a decision, pause and ask for His guidance. When you feel overwhelmed by God's standards, remember that He provides the power to live them out. Begin your morning by inviting the Holy Spirit to lead you, and end conversations or activities by briefly thanking Him for His help. Notice the difference between moments when you're striving in your own effort versus when you're relying on His power. Create specific times for prayer where you confess your need for His assistance and thank Him for His faithful presence. This isn't about perfection but about learning to live in partnership with God's Spirit.

**Morning Prayer**

Holy Spirit, I confess that I often try to live the Christian life in my own strength and wisdom. Thank You for coming to be my helper and guide. Teach me to depend on You moment by moment. Give me sensitivity to Your promptings and courage to obey Your leading. Transform me from the inside out so that righteousness becomes natural rather than forced. Amen.

**Evening Devotion****Grateful for Divine Partnership****Evening Reflection**

As you reflect on this day, consider the gentle ways the Holy Spirit may have guided, convicted, or strengthened you. Perhaps you sensed His wisdom in a difficult conversation, felt His restraint when you wanted to respond in anger, or experienced His comfort during a challenging moment.

The beauty of the Christian life is that we're never alone in our efforts to please God. Where the Old Testament saints struggled under the weight of the Law, we have been given the gift of the Spirit's indwelling presence. This doesn't make obedience automatic, but it makes it possible.

Even your desire to live righteously is itself a work of the Spirit within you. Rest tonight knowing that God has provided everything you need for godliness.

### **Evening Reflection**

How did you sense the Holy Spirit's presence and help today, and how can you cultivate greater awareness of His work in your life?

### **Evening Prayer**

Thank You, Holy Spirit, for Your faithful presence today. Forgive me for the times I ignored Your promptings or tried to manage life without Your help. Continue Your transforming work in me as I sleep. Amen.

## Thursday - Choosing Your Side

### Morning Devotion

#### Today's Verse

But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.  
(Joshua 24:15 NIV)

#### Devotional Thought

The book of Psalms presents us with a stark reality: there are only three characters in the human drama—the righteous, the unrighteous, and God in the middle. This isn't a spectrum with various shades of grey; it's a binary choice that defines our existence. We are either aligned with God and His ways, or we are not. There is no neutral ground in the spiritual realm.

This black-and-white perspective might feel uncomfortable in our culture that celebrates nuance and avoids absolutes. Yet Scripture consistently presents us with this fundamental choice: will we serve God or will we serve ourselves? Will we align with righteousness or unrighteousness? The middle ground that we often seek simply doesn't exist in God's economy.

This doesn't mean that Christians are perfect or that non-Christians are without any good qualities. Rather, it speaks to the fundamental orientation of our hearts and the ultimate authority we acknowledge in our lives. The righteous person is one who has chosen to fear the Lord and delight in His commands, whilst the unrighteous person lives primarily for themselves and their own desires. The choice we make determines not only our eternal destiny but the trajectory of our daily decisions and the fruit of our lives.

#### Reflection Question

If someone observed your life for a week, which side would they conclude you've chosen—and what specific evidence would lead them to that conclusion?

**From Sunday's Sermon**

"All of the book of Psalms is highlighting three individuals: the godly or the righteous, the ungodly or the unrighteous, and God in the middle. Where we pitch ourselves is black or white. There's no gray."

**Today's Application**

Conduct an honest audit of your life this week. Examine your calendar, your spending, your conversations, your entertainment choices, and your priorities. Ask yourself: 'Do these reflect someone who has chosen to serve God or someone who is primarily serving themselves?' Identify specific areas where you've been trying to straddle the fence—perhaps being generous at church but stingy with family, or speaking kindly to some people whilst gossiping about others. Choose three concrete actions that would clearly demonstrate your allegiance to God's side: perhaps committing to daily Bible reading, choosing to forgive someone who hurt you, or changing how you speak about others. Remember, this isn't about earning God's love but about aligning your life with the choice you've already made to follow Him.

**Morning Prayer**

Lord, I acknowledge that You call me to choose sides, and I choose You. Help me to see areas where I've been trying to serve both You and myself. Give me courage to align every aspect of my life with my decision to follow You. Make my allegiance to You evident in my daily choices and priorities. Amen.

**Evening Devotion****Standing Firm in Your Choice****Evening Reflection**

Tonight, reflect on the clarity that comes from understanding life's fundamental choice. When we try to serve both God and ourselves, we live in constant tension and confusion. But when we settle the

question of ultimate allegiance, many other decisions become clearer.

The righteous person isn't someone who never struggles or makes mistakes, but someone who has fundamentally chosen God's side and continues to align their life with that choice. Each day brings new opportunities to demonstrate where our loyalty lies.

Rest in the security that comes from knowing whose you are and whom you serve. This foundational choice provides stability in an uncertain world.

### **Evening Reflection**

What peace or clarity came from considering your fundamental allegiance to God today, and how might this influence tomorrow's decisions?

### **Evening Prayer**

Father, thank You for the privilege of choosing Your side. Help me to live tomorrow with the confidence and clarity that comes from knowing I belong to You. Strengthen my resolve to serve You wholeheartedly. Amen.

## Friday - Trusting Like a Child

### Morning Devotion

#### Today's Verse

They will have no fear of bad news; their hearts are steadfast, trusting in the Lord. (Psalm 112:7 NIV)

#### Devotional Thought

The antidote to fear is not courage—it's trust. When we truly trust in the Lord, bad news loses its power to devastate us because our security rests not in circumstances but in God's character and promises. This kind of trust requires a decision, a deliberate choice to believe that God is who He says He is and will do what He promises to do.

The contemporary English version captures this beautifully: 'Bad news won't bother them; they have decided to trust the Lord.' Notice that word 'decided'—trust is not merely an emotion or feeling but a conscious choice we make repeatedly. When fears arise about exams, relationships, health, finances, or the future, we can choose to trust the One who holds all things in His hands.

Jesus calls us to come to Him as little children, and there's something profound about childlike trust. A child who trusts their parent completely doesn't analyse every situation or demand explanations for every decision. They simply rest in the knowledge that someone bigger, wiser, and stronger is taking care of them. As we mature in faith, we're called not to abandon this childlike trust but to deepen it, choosing to believe that our heavenly Father can be trusted completely with every aspect of our lives.

#### Reflection Question

What specific fears or worries are you holding onto instead of entrusting them completely to God's care?

**From Sunday's Sermon**

"Christianity is a decision we take. It is all about deciding to trust the Lord. When you are afraid, it shows a lack of trust. You need to trust the one that we call our Lord and our Savior."

**Today's Application**

Make a list of your current fears and worries—be specific and honest. For each item, write a prayer of surrender, consciously choosing to trust God with that concern. Throughout the day, when anxiety arises, remind yourself: 'I have decided to trust the Lord with this.' Practice childlike trust by talking to God about your fears as simply and directly as you would speak to a loving parent. Instead of trying to figure everything out or control outcomes, ask God what He wants you to do and then do it, leaving the results in His hands. Set reminders on your phone with the phrase 'I have decided to trust' to help you remember throughout the day. Notice how this decision to trust affects your peace, your sleep, and your ability to be present with others.

**Morning Prayer**

Heavenly Father, I confess that I often choose worry over trust, fear over faith. Today I decide to trust You completely with every aspect of my life. Help me to come to You like a little child, believing that You are good and that You care for me. When bad news comes, remind me that my security is in You, not in my circumstances. Amen.

**Evening Devotion****Resting in Decided Trust****Evening Reflection**

As this week of devotions concludes, take time to reflect on the journey from fear to trust. Perhaps today brought opportunities to practice choosing trust over worry, to decide faith over fear. The decision to trust God isn't a one-time choice but a daily, sometimes moment-by-moment decision.

Childlike trust doesn't mean we become naive or passive, but rather that we learn to rest in God's character whilst actively participating in His purposes. We can face uncertainty with peace because we know the One who controls all outcomes.

The steadfast heart that trusts in the Lord is not immune to challenges but is anchored to something unshakeable. This is the fruit of a life that fears the Lord rightly—perfect peace in the midst of imperfect circumstances.

### **Evening Reflection**

How has your understanding of trust in God deepened this week, and what would it look like to live with even greater childlike confidence in His care?

### **Evening Prayer**

Lord, thank You for this week of learning to trust You more deeply. Help me to carry this decided trust into each new day. When fears arise, remind me of Your faithfulness. Let my life be a testimony to Your trustworthiness. Amen.