

One Thing

5-Day Devotion

Day 1:

Scripture: "Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord." - Philippians 3:8

Reflection: What things in your life might be distracting you from knowing Christ more deeply?

Application: Choose one distraction to set aside today in order to spend more time with Jesus.

Prayer: Lord, help me to value knowing You above all else in my life.

Day 2:

Scripture: "But one thing I do: forgetting what lies behind and straining forward to what lies ahead" - Philippians 3:13

Reflection: Are you dwelling on past failures or successes instead of pressing on in your walk with Christ?

Application: Write down a past regret or achievement, then pray to release it and focus on growing in Christ today.

Prayer: Jesus, give me the strength to let go of the past and pursue You wholeheartedly.

Day 3:

Scripture: "I press on toward the goal for the prize of the upward call of God in Christ Jesus." - Philippians 3:14

Reflection: What spiritual disciplines help you "press on" in your relationship with Christ?

Application: Choose one spiritual practice (prayer, Bible study, etc.) to engage in more intentionally this week.

Prayer: Holy Spirit, empower me to pursue Christ as the ultimate prize of my life.

Day 4:

Scripture: "Brothers, I do not consider that I have made it my own. But one thing I do..." - Philippians 3:13

Reflection: In what areas of your spiritual life do you need to acknowledge you're still growing?

Application: Share an area of spiritual struggle with a trusted friend or mentor for prayer and support.

Prayer: Father, thank You that I don't have to be perfect. Help me to keep growing in You.

Day 5:

Scripture: "Your right hand upholds me." - Psalm 63:8

Reflection: How have you experienced God's presence and help in difficult times?

Application: Take a few minutes to write down ways God has upheld you recently, then thank Him.

Prayer: Lord, thank You for Your constant presence and support in my life. Help me cling to You always.