

Keeping Faith

5-DAY DEVOTIONAL

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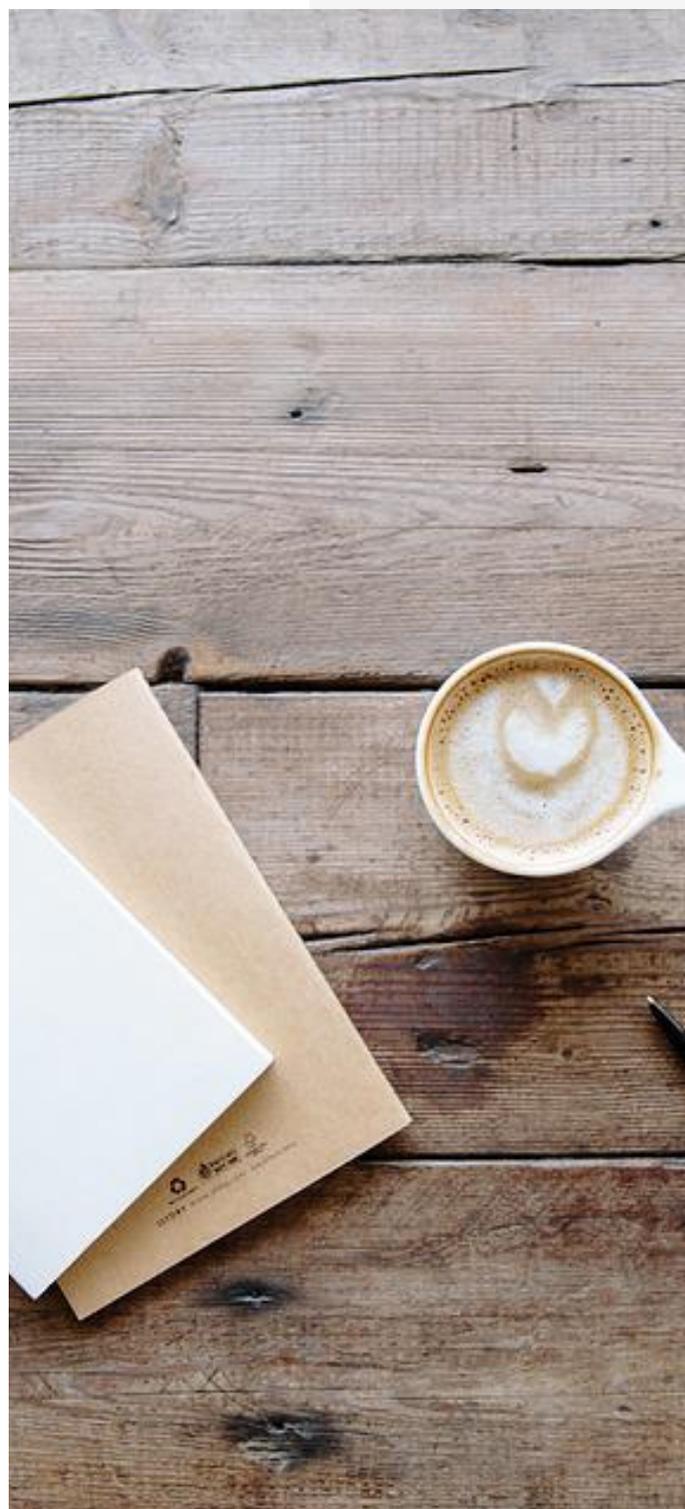
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KEEPING FAITH

seems to get harder and harder to do in the face of challenges, letdowns, and crises - both at the personal and community levels. We want to have a faith that endures all seasons and circumstances. I invite you to journey through this 5-day devotional to be encouraged and motivated to keeping faith no matter what is going on in your life or the world around you.

*God bless,
Pamela @upheldlife.com*

DAY ONE

Be Content



Verse of the Day

"I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

Philippians 4:12-13 (NIV)



Reflection

The Apostle Paul lived a hard life after encountering Jesus on the road to Damascus. He was temporarily blinded, sought refuge in a land that was not his home, was questioned, and often imprisoned for his faith and sharing the Gospel. Yet his faith endured and thrived in the midst of hardships and facing death. He continued to help grow the church, support congregations, and share the Gospel.

Paul learned to become content in all situations. He knew that life would have seasons of joy and seasons of drought. He knew that even though he felt lonely or went without, that he could still have joy and hope in the Lord! We can rest assured that no matter what we are going through, God is with us. We can keep faith in the midst of whatever we face. We, too, can learn to be content in every circumstance because we have confidence that we can do all things through Christ who gives us strength.

Prayer

Jesus, thank You that I can do all things through You who gives me strength. Help me to learn to be content in all situations. Provide when I am in need, give me encouragement when I am overwhelmed, and guide my steps as I make tough decisions. Teach me to accept what You give and to trust that You will take care of me. I praise you. Amen!

DAY TWO

Find Rest



Verse of the Day

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28 (NIV)

Reflection

When Jesus lived on this earth and dwelled among humanity, He knew firsthand what it was like to be exhausted and He understood the burdens that people face. When He spoke this beautiful invitation to come to Him when we are weary and burdened, it came from a compassionate place of true understanding of how we feel and our need for rest.

Keeping faith comes easier when we are well-rested and cast our cares upon the Lord. When we aren't carrying around the weight of burdens and hardships, our faith thrives and perseveres. Jesus knows that we cannot handle these things on our own, and God does not want us to carry them alone.

When you are feeling weary and burdened, take Jesus up on His invitation to come to Him and find rest. He will never leave us nor forsake us. We can always find Him with arms open to us.

Prayer

Lord, I praise You for being the God who is always there for me. Help me to resist the temptation to handle everything on my own. Help me to find rest in You. Show me where I need to let go of my burdens and place them in Your great care. Give me rest when I need it, and empower me to always come to You. Amen!





DAY THREE

Serve Others



Reflection

Sometimes, keeping faith is about looking beyond our own interests and to the interests of another. The Bible teaches that we should serve one another with humility and in love. Wow! What a powerful reminder that we are free to use our time, talents, and gifts to serve and help others. Truly, we each have something to offer in this way, and it helps us grow in faith!

If we get too caught up with ourselves by seeking success and meeting our own needs, but aren't taking care of others, we are missing out on plenty of opportunities to serve others and make a difference in the world for God's kingdom.

With humility, we can put someone else first. With love, we can serve and make sure others are taken care of and have their needs met. God equips us with gifts that will build up others and bring glory to Him. Let's consider: *What can each of us do today to serve someone else with humility and in love?*

Prayer

Loving God, thank You for giving me freedom to serve others and bring glory to You. Give me opportunities today to put someone else before myself by showing kindness, love, and humility. Open my eyes to the needs of others that I can help meet, and increase my faith as I see you at work in the lives of other people. Amen!

Verse of the Day

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh ; rather, serve one another humbly in love."

Galatians 5:13 (NIV)



DAY FOUR

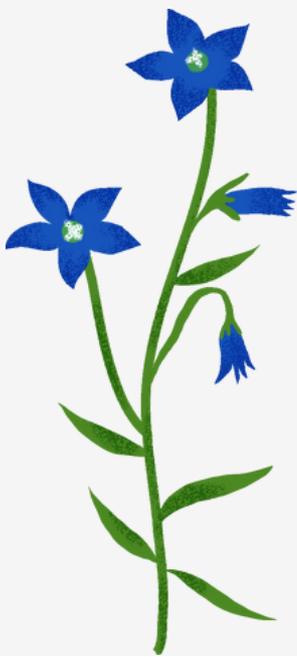
Give Thanks



Verse of the Day

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:16-18 (NIV)



Reflection

Keeping faith has a lot to do with giving thanks. Often, when we are feeling anxious or stressed out, rejoicing or giving thanks seem impossible! You may ask: *How can I rejoice when my life is filled with one unexpected battle after another?*

The Bible teaches us to rejoice always, pray continually, and give thanks in every situation. When we rejoice, we are reminded of God's goodness. When we pray continually, we are abiding in God's presence. When we give thanks, we are acknowledging God's faithfulness. It's no wonder that Scripture instructs us to live this way.

This passage teaches us that these habits are God's will for us! God wants us to rejoice, pray, and give thanks because He knows what great benefit these are to us. These spiritual practices will help us endure and keep us close to Jesus.

Prayer

Jesus, thank You that You have willed for me to rejoice, pray, and give thanks. Give me the courage and self-discipline to rejoice in the face of obstacles, to pray when I am weary, and to give thanks in the unknown. I am grateful for Your care and concern for me, and that You have willed such good things for me. Help me to walk in Your ways each day. Amen!



DAY FIVE

Trust God



Reflection

Trusting God is not something we should assume or take lightly. We will face many ups and downs in life; it is trusting in God that will help us endure, get through, and find hope. Each day, we need to intentionally trust God with our time, our loved ones, and our purpose. We can trust God in every situation because He is good and faithful.

When our hearts are filled with trust in God, we are less prone to be fearful, worrisome, or disheartened. To trust God, we cannot always lean on our own understanding. We are finite, and God's ways are above our ways. We can trust Him when it doesn't make sense. We can trust Him when we don't have the big picture.

As you desire to have a greater faith, keep trust at the forefront. When you are tempted to doubt or get confused in your own thoughts, return to the Lord and place your trust in Him.

Prayer

Loving God, thank You that I can put my trust fully in You. Today, I trust that You will not fail me. Help me to trust in You with all my heart and not be tempted to use my own logic or understanding over trusting You. Fill my heart with trust, so that it is not overcome with worry, doubt, or confusion. Amen!

Verse of the Day

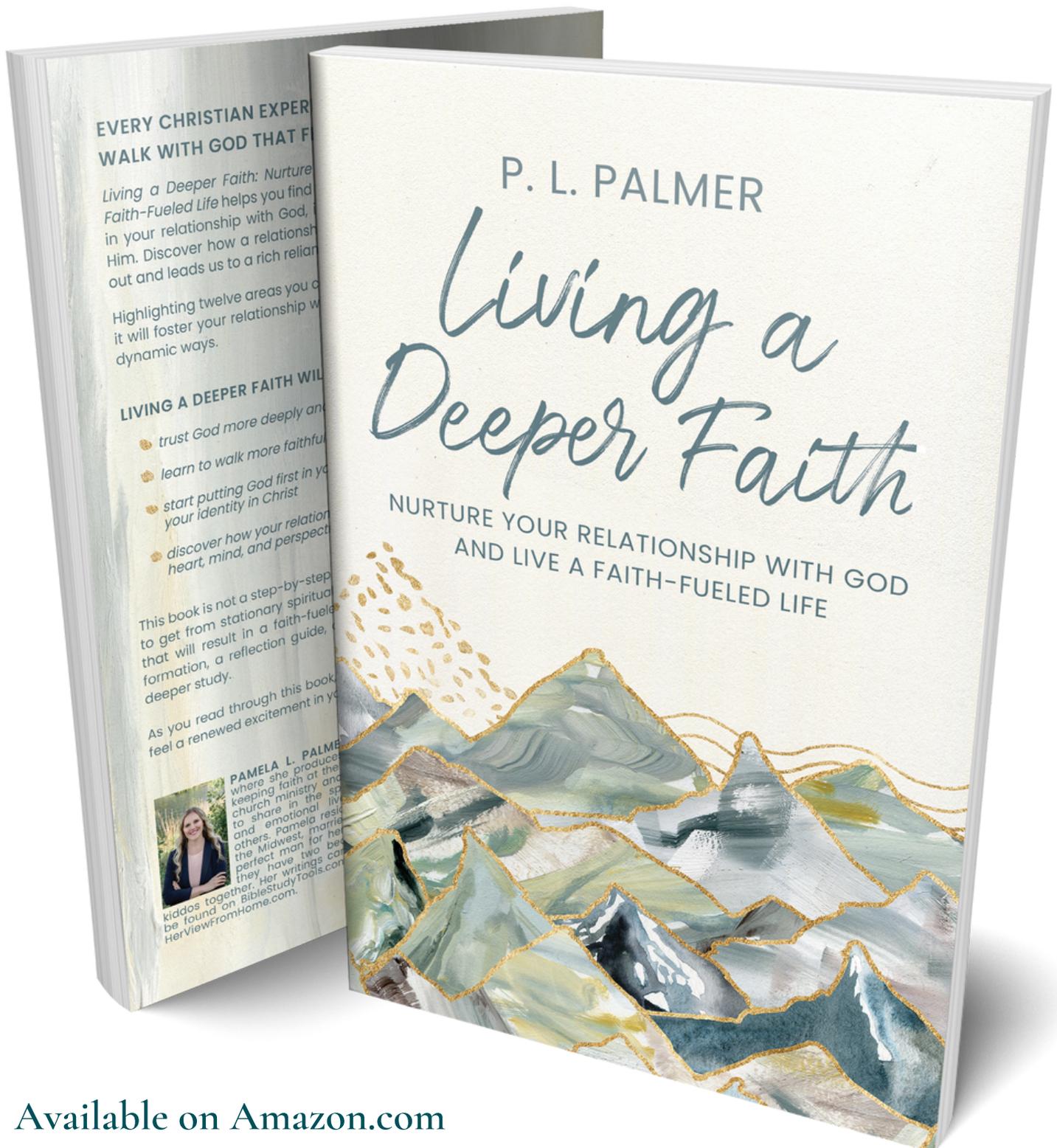
"Trust in the Lord with all your heart, and do not lean on your own understanding."

Proverbs 3:5 (NIV)



LIVING A DEEPER FAITH

Living a Deeper Faith: Nurture Your Relationship with God and Live a Faith-Fueled Life helps you find your way through stagnancy to vibrancy in your relationship with God, inviting you into a deeper intimacy with Him. Discover how a relationship with God changes us from the inside out and leads us to a rich reliance on Jesus. As you read through this book, you'll be challenged, encouraged, and feel a renewed excitement in your walk with God.



Available on [Amazon.com](https://www.amazon.com)

FINAL THOUGHTS



You'll be surprised at how keeping faith in the midst of every season and circumstance is possible!

Psalm 34:8 (NIV)

"Taste and see that the Lord is good; blessed is the one who takes refuge in him."



Pamela L. Palmer is the founder of www.upheldlife.com where she produces faith articles and devotionals to inspire keeping faith at the center of life. She is a woman in pastoral church ministry and gets to share in the spiritual and emotional lives of others. Pamela resides in the Midwest, married the perfect man for her, and they have two beautiful kiddos together. Her writings can also be found on BibleStudyTools.com and HerViewFromHome.com.



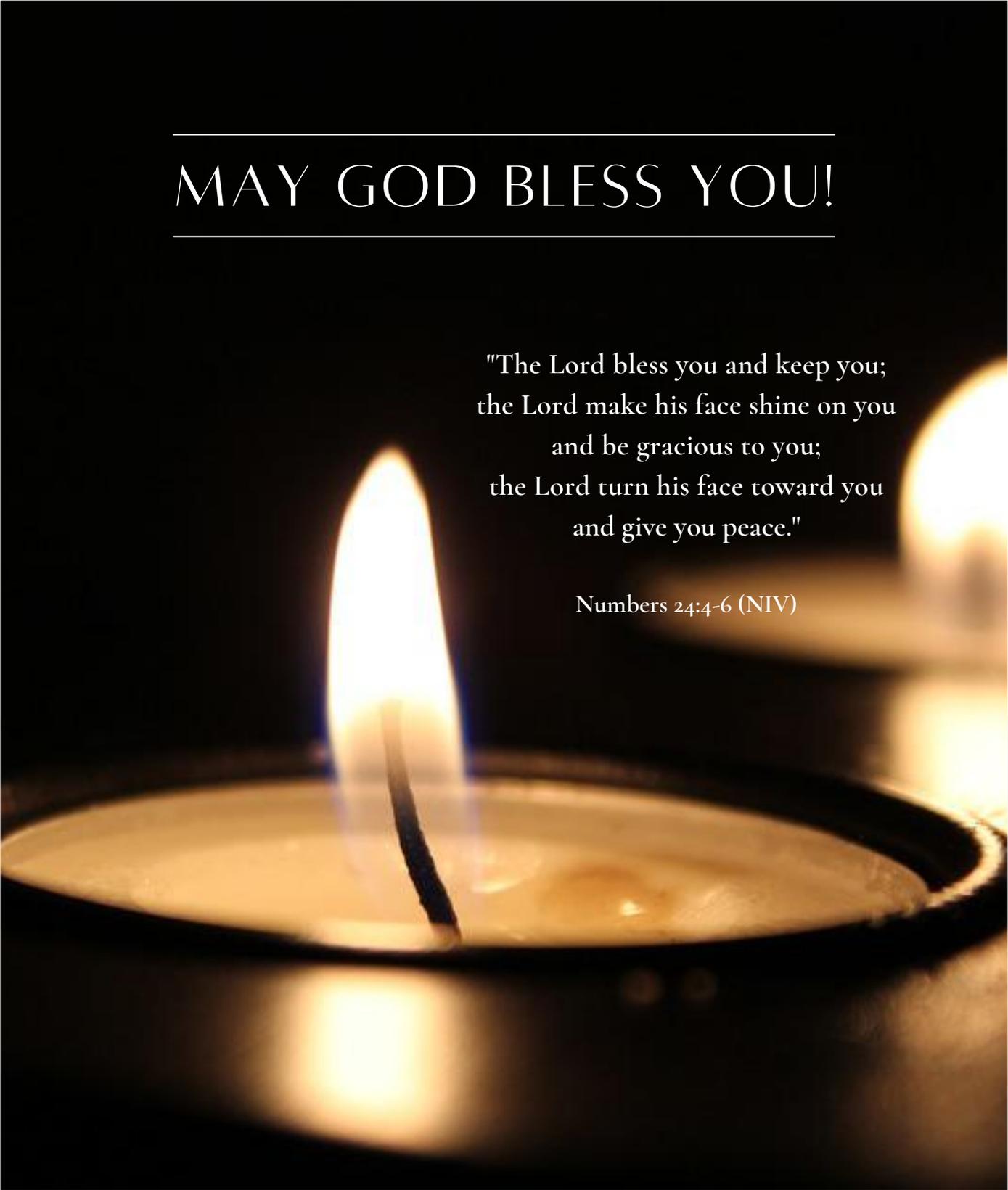
I began writing about Jesus and faith a few years ago because I realized we all have a deep and innate desire to know God and be loved by Him!

But that doesn't always come easy for people. We get distracted, we fall into sinful ways, or we doubt the presence of a good God in this evil world. Perhaps you can relate. Even though we struggle, that doesn't mean we have to give up or don't want to fully experience God in our lives! That's what www.upheldlife.com is all about - helping believers find hope, strength, and encouragement in their faith and to keep God at the center of everything.

Let us taste and see that the Lord is good, and what blessing we have when we take refuge in God! My hope and prayer is that this 5-day devotional has helped you spend more time with Jesus and challenged you to keep faith at the center of your life. When you read my book, *Living a Deeper Faith*, you'll discover even more ways to get closer to Jesus and have a vibrant faith!

*God bless,
Pamela @upheldlife.com*

MAY GOD BLESS YOU!



"The Lord bless you and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face toward you
and give you peace."

Numbers 24:4-6 (NIV)

KEEPING FAITH

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