SIX-DAY DEVOTIONAL

An Everyman's Journey

Called by grace. Tested in the cave. Strengthened in the Lord.

A Six-Day Devotional Based on Rob Hutton's Message

PRIMARY SCRIPTURE

1 Samuel 30:6 - "But David found strength in the LORD his God." (NIV)

David's story moves through calling, victory, delay, attack, weariness, compromise, loss, recovery and renewed purpose. This devotional follows that journey and asks how ordinary believers can keep saying yes to God through every season.

Based on the sermon sessions preached by Rob Hutton at The Bridge Church on 1-2 May 2026

Introduced for the men's gathering by the church leadership

READ SLOWLY. REFLECT HONESTLY. PRAY PERSONALLY.

Each day is designed for about 15 minutes, including Scripture, reflection, three memory questions and prayer.

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DAY 1 Say Yes to the Impossible

INTRODUCTION TO THE SERMON

Rob Hutton opened a men's gathering with warmth, humour and a serious word from Galatians 6:17: he bore in his body the marks of Jesus. He then spoke encouragement over ordinary men of different ages. Whatever they already believed God wanted to do through their lives, he said, it was much more than they thought. God is not confined by what looks realistic.

Rob brought greetings from Dubai, where the church had continued meeting through a season of regional threats and deep anxiety. Pressure exposed fear, courage, resilience and weakness. Yet it also confirmed something he had learned over many years: Christianity is not meant to be boring. Life with Christ is an adventure, and his own journey had been shaped by one simple response - when he believed God had spoken, he said, 'Yes, Lord.'

The sermon then turned to David and was titled 'An Everyman's Journey.' Though preached directly to men, David's four acts describe a journey shared by every believer: identity and promise; delay, injustice and attack; weariness and compromise; then strengthening, recovery and renewed purpose. This week we will follow the message in that order.

TODAY'S SCRIPTURE

> **Galatians 6:17 (NIV)**
>
> *17 From now on, let no one cause me trouble, for I bear on my body the marks of Jesus.*

DEVOTIONAL REFLECTION

The opening challenge is not to manufacture a heroic life. Rob did not present himself as unusually gifted or fearless. He described himself as normal. The difference was a settled decision made early in his walk with God: he would not first ask whether he felt ready. He would ask whether he had heard God's voice. Once that was clear, his answer would be yes.

That order matters. Recklessness says yes to every opportunity. Faith listens before it moves. Fear, however, can disguise itself as wisdom by insisting that every step must first feel safe, sensible and manageable. Rob challenged that form of 'realism.' God is not against careful thought, but He refuses to be reduced to our current ability, resources or imagination. The God who calls also forms, equips, corrects and sustains the person who obeys.

The setting in Dubai made the message concrete. Threats and uncertainty did not create what was inside people; they exposed it. Some were shaken, some became afraid, some withdrew and others kept gathering and serving. Pressure often reveals the story we truly believe. Do I believe my life is

mainly protected by my control, or held by God? Do I believe obedience is only possible when the risk is small, or that God can meet me inside costly obedience?

David's life gives no support to a neat, predictable Christianity. His story is raw and rough. It contains anointing and rejection, victory and hiding, loyalty and compromise, worship and failure, grief and recovery. Rob's point was that one isolated moment does not tell the whole story. The journey matters. God works through the full sequence, including seasons we would never have chosen.

This is especially important for those who believe their most useful years are behind them. Rob spoke directly to the grey-haired men: God was not finished with them. Age may change the shape of obedience, but it does not remove the call. A young believer may need courage to step into responsibility. An older believer may need humility to strengthen others, release leadership, pray, mentor and remain zealous to the end. In every season, the question is the same: What is God saying, and will I answer Him?

The marks of Jesus in Galatians 6:17 remind us that following Christ leaves evidence. The evidence is not always public success. It can be endurance, scars carried without bitterness, costly love, a life that still says yes after disappointment, and a settled belonging to Jesus. The goal is not to appear impressive. The goal is to be available.

Begin this week by bringing your idea of a 'realistic' life before God. There may be genuine limitations that require wisdom. There may also be fears you have baptised as realism. Ask the Holy Spirit to distinguish between them. Then consider one obedient step - not the whole journey, just the next step. Every journey begins there.

THREE QUESTIONS TO HELP ME REMEMBER

1	What simple decision did Rob say had shaped his adventure of faith?
2	Why can 'realistic' thinking become a limit when God is calling a person to obey?
3	What are the four broad acts in David's journey that the sermon follows?

PRAYER

Father, You are not limited by what feels possible to me. Teach me to hear Your voice clearly and to answer without hiding behind fear. Give me wisdom that listens, courage that obeys and humility that depends on You. Use every season of my life for Your purpose, and keep my heart willing to say, 'Yes, Lord.' Amen.

CARRY THIS WITH ME TODAY

God is not asking whether I feel ready; He is asking whether I have heard and will say yes.

DAY 2

Seen, Chosen and Made Alive

YESTERDAY IN ONE MINUTE

Yesterday introduced the adventure of faith. Rob challenged ordinary believers to shake off fear dressed as realism, listen for God's voice and answer yes. He then framed David's life in four acts. Today we enter Act One: identity, anointing, promise and promotion - and the deeper reality of being born again.

TODAY'S SCRIPTURE

> **Ephesians 2:4-6 (NIV)**
>
> *4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. 6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus*

DEVOTIONAL REFLECTION

David was the youngest son left in the field while Samuel met Jesse's other sons. He was not merely last in line; he was initially absent from the room. Yet God saw the shepherd no one else considered and said, in effect, 'This is the one.' Samuel anointed David, the Spirit of the Lord came upon him, and a new word now stood over his life: king.

Soon afterward, David faced Goliath. He did not approach the giant as a forgotten boy trying to prove his worth. He came in the name of the Lord and declared that the battle belonged to God. Victory brought sudden recognition and promotion, but the deepest change had happened before the crowd applauded. God had chosen him while he was still in the field.

Rob used Act One to explain salvation. When a person comes to Christ, something far greater than joining a church or adopting a religion takes place. Salvation changes identity and destiny. Ephesians 1 says believers are chosen, adopted, given an inheritance and sealed with the Holy Spirit. Ephesians 2 says God makes the spiritually dead alive with Christ. The gospel is not merely advice for improving an old life; it is the gift of new life.

Rob told of counselling a couple who knew church language but were living in serious sin without the anguish, repentance and transformation that accompany genuine new birth. His challenge was direct: familiarity with Christian ideas is not the same as being born again. Both eventually came to receive Christ personally. The story was not used to encourage suspicion of everyone else, but honest examination of ourselves. Has the gospel remained information around me, or has Christ made me alive?

He described two truths about the new birth. First, it is new life, not new religion. Through union with Christ, the Holy Spirit brings life where there was spiritual death. The resurrection of Jesus is not only an event we admire; His resurrection life becomes the believer's life. This is why Rob could speak of his father's death with the hope, 'See you soon.' Eternal life had already begun in Christ.

Second, the new birth gives a new nature, not an improved version of the old one. A believer may rise from prayer with the same face, memories and relationships, but is no longer the same person. The heart resistant to God is replaced by a heart made responsive to Him. Old friends, old habits and old accusations may still call us by the former name, but they no longer have the authority to define us.

This is where shame and performance become dangerous. Rob pictured believers reaching the cross with a heavy rucksack, yet refusing to put it down. Some keep carrying the belief that grace must now be earned. Others put the bag down at salvation, then pick it up again after failure. But grace does not begin the Christian life only to hand the rest back to human striving. We obey because we are loved, chosen and alive - not to persuade God to love, choose or revive us.

Act One does not mean every outward circumstance changes immediately. David was anointed long before he sat on the throne. Likewise, your circumstances may still resemble the field, but God's declaration has changed your identity. You are not invisible to Him. In Christ, you are not merely a sinner trying harder, but a saint made alive by grace; not an outsider bargaining for entry, but an adopted child; not merely surviving, but created for the good works God prepared.

Return today to the centre of the gospel. Lay down shame, striving and the need to prove yourself. Ask whether your life is flowing from new birth. Then live from what God has done, not from what the old voices still say.

THREE QUESTIONS TO HELP ME REMEMBER

1	What changed first for David - public circumstances or God's declaration over his identity?
2	What two distinctions did Rob make when explaining what it means to be born again?
3	How do shame and a performance mentality contradict the finished work of grace?

PRAYER

God of mercy, thank You for seeing me, choosing me and making me alive with Christ. I lay down the rucksack of shame and the need to earn what You have freely given. Teach me to live from my new identity, to repent honestly and to walk in the life of Your Spirit. Silence the old names, and make the truth of the gospel strong in me. Amen.

CARRY THIS WITH ME TODAY

I will not carry yesterday's identity into the life Christ has made new.

DAY 3

The Cave Cannot Cancel the Call

YESTERDAY IN ONE MINUTE

Yesterday followed Act One. God saw David in the field, anointed him and defined his future before his circumstances reflected it. Rob connected that moment to the new birth: in Christ we are made alive, given a new nature and called to live from grace rather than shame or performance.

TODAY'S SCRIPTURE

> **James 1:2-4 (NIV)**
>
> *2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

DEVOTIONAL REFLECTION

Act Two began with a violent contradiction. David had been anointed king, had defeated Goliath and had been promoted, yet Saul ordered that he be killed. The celebrated warrior became a fugitive. He hid in caves while Saul continued to hunt him. Promise did not move in a straight line toward fulfilment.

Rob repeated a vital sentence: Act Two does not change Act One. The cave did not remove the oil Samuel had poured on David. Saul's rejection did not reverse God's choice. The absence of visible progress did not mean the promise had disappeared. Trials changed David's conditions, but they did not change his identity.

James does not call pain pleasant. It calls the testing of faith an occasion for joy because God can use it to develop perseverance and maturity. Rob also referred to Peter's picture of faith being refined like gold. Testing reveals what is genuine. It exposes what we merely repeated in a safe season and what we truly trust when the supports are removed.

He described three pressures in Act Two: delay, injustice and attack. Delay is difficult because it stretches faith without giving a clear date for relief. Rob and his wife endured years of infertility and the repeated grief of another month without a child. The turning point was not a guarantee that the wait would end immediately. It was the prayerful decision: even if we never have children, we will still love God. That is the faith of Daniel 3 - God is able to rescue, but even if the outcome differs from our longing, we will not bow.

This is not passive resignation. It is allegiance. Delay tempts us to worship control, certainty or the promised gift instead of God Himself. 'Even if' faith

returns God to the centre. It says the promise matters, the pain is real and prayer continues, but my worship is not a transaction.

Injustice is another fierce test because we are made in the image of a just God. Rob told the painful story of missionary doctor Helen Roseveare, who suffered brutal violence in the Congo. In the darkness she understood her suffering as being entrusted to Christ rather than abandoned by Him. Rob connected this with Jesus' crucifixion and with Paul and Silas, whose powerful ministry appeared to give way to helplessness, beating and imprisonment. God's presence is not proved only by visible power. Sometimes faithfulness looks like worship offered from a place of apparent powerlessness.

The third pressure is attack. Saul pursued David, and Scripture warns that believers have a real adversary. Rob stressed that other Christians are not the enemy, even when they are difficult. The enemy uses temptation, accusation, deception, doubt and discouragement. One of his chief aims is to hound a person until the voice of God is drowned out by lies.

Rob described how accusations often contained enough truth to sound convincing. When God called him, the condemning voice reminded him of real failures and asked how someone like him could serve. The Holy Spirit confronted the pattern: why agree first with the accuser rather than with God? Rob's response was to make obedience his responsibility and character formation God's continuing work. He would discern the call and answer yes, while trusting God to correct and mature him.

Testing therefore requires alertness. We must not let the cave become our identity, nor let the accuser write the meaning of our delay. Faith can be shipwrecked when discouragement leads to catastrophic loss of fruitfulness and confidence. The answer is not denial but standing: naming the pressure, returning to God's word, receiving prayer, and remembering that the King who called us has not changed.

Consider which of the three pressures is strongest in your life now. Is it delay, injustice or attack? Speak honestly to God. Then repeat the sermon truth over that place: Act Two does not change Act One. The cave may be part of your formation, but it is not authorised to rename you.

THREE QUESTIONS TO HELP ME REMEMBER

1	What did Rob mean by saying, 'Act Two does not change Act One'?
2	What posture of faith did the years of delay teach Rob and his wife?
3	How does the enemy try to weaken believers by attacking their ability to hear God's voice?

PRAYER

Father, You remain faithful in delay, injustice and attack. Keep me from confusing my present cave with my permanent identity. Refine my faith without allowing bitterness, fear or accusation to rule me. Teach me the faith that says, 'Even if,' and help me recognise Your voice above every lie. Give me perseverance until Your work in me is complete. Amen.

CARRY THIS WITH ME TODAY

The cave can test my faith, but it cannot cancel God's word over my life.

DAY 4

When Weariness Speaks

YESTERDAY IN ONE MINUTE

Yesterday entered Act Two: David was hunted, delayed and forced into caves, but the testing did not change God's choice. Rob named delay, injustice and attack as pressures that refine faith. The call is to keep hearing God, refuse the accuser's voice and remember that the cave cannot rename the person God has chosen.

TODAY'S SCRIPTURE

1 Samuel 27:1-4 (NIV)

1 But David thought to himself, "One of these days I will be destroyed by the hand of Saul. The best thing I can do is to escape to the land of the Philistines. Then Saul will give up searching for me anywhere in Israel, and I will slip out of his hand." 2 So David and the six hundred men with him left and went over to Achish son of Maok king of Gath. 3 David and his men settled in Gath with Achish. Each man had his family with him, and David had his two wives: Ahinoam of Jezreel and Abigail of Carmel, the widow of Nabal. 4 When Saul was told that David had fled to Gath, he no longer searched for him.

DEVOTIONAL REFLECTION

Act Three begins quietly: 'David said to himself.' There is no command from God, no consultation with a trusted friend and no fresh enquiry of the Lord. After years of pressure, David's inner conversation reaches a conclusion: Saul will eventually kill me; there is nothing better than escape to Philistine territory.

The conclusion appears practical. Saul did stop searching. The immediate pressure eased. This is what makes weariness dangerous: a compromise can produce short-term relief and therefore feel like wisdom. Yet David, the man who once stood before Goliath in the name of the Lord, now sought security under a Philistine king.

Rob warned believers to be careful about what they say in their hearts. A tired person can believe a lie that would once have been rejected. Weariness narrows the field of vision until only two options seem to remain: continue suffering as before, or make peace with the enemy. The promise, the presence of God, trusted people and other possible paths disappear from the conversation.

The problem was not that David felt afraid. Fear, fatigue and discouragement are human responses to long pressure. The problem was that he allowed the exhausted heart to become the final authority. Feelings were not brought into the light where God and faithful friends could answer them. He conducted the whole meeting inside himself and accepted the motion without opposition.

Rob described backsliding in a way that reaches beyond public scandal. It can be passivity, a loss of fire, quiet compromise, settling into mediocrity or becoming a shell of the person God called. It can look outwardly functional while the heart has stopped expecting God. A person may still attend church and speak the right language, yet maintain hidden agreements that belong to the enemy's territory.

This part of David's journey should not be used to shame the weary. Rob's purpose was to help people recognise the road before it carries them further. If you see yourself in Act Three, that recognition is mercy. David's wrong response was not the end of his story. God had not withdrawn Act One, even when David behaved beneath it.

The practical warning is to refuse private isolation. Bring heart-speech into the light. Tell a trusted, mature believer what you have begun to conclude. Not every thought deserves agreement. Some need to be examined against Scripture; some need prayer; some need rest; some need repentance; some need the perspective of a brother or sister who can remember God's word when you cannot.

Also pay attention to the promise hidden inside the phrase, 'There is nothing better.' Whenever hopelessness declares that there is no better way, stop. That sentence claims knowledge it does not possess. Weariness cannot see the whole map. It cannot predict what God will do next, and it must not be allowed to sign a permanent agreement.

Rob spoke of the power of one step. People sometimes refuse to respond to God because they fear they will fail again by Monday. But every journey begins with a step, and David's recovery would also begin with one. The call today is not to produce a lifetime of flawless strength. It is to interrupt the private conversation and take the next truthful step.

Name the conclusion your weary heart has been repeating. Is it, 'Nothing will change,' 'I will always fail,' 'God has forgotten me,' 'I must protect myself,' or 'There is nothing better'? Write it down. Then place it before the Lord and one trustworthy person. Relief found in the Philistines is too expensive. God has a better path, even when you cannot yet see it.

THREE QUESTIONS TO HELP ME REMEMBER

1	What private conclusion did David reach before he moved into Philistine territory?
2	Why can a compromise feel like wisdom when a person is exhausted?
3	What practical step can bring dangerous heart-speech into the light?

PRAYER

Lord, You know where I am tired, disappointed and tempted to settle. Expose the conclusions I have accepted without bringing them to You. Give me courage to speak honestly, receive help and reject every agreement with hopelessness. Restore clear hearing, protect me from short-term relief that leads me away from You, and guide my next truthful step. Amen.

CARRY THIS WITH ME TODAY

I will not let a tired heart make a permanent agreement with a lie.

DAY 5

Strengthen Yourself in the Lord

YESTERDAY IN ONE MINUTE

Yesterday followed Act Three. Years of pressure distorted David's inner conversation until he decided there was nothing better than escape to the Philistines. Weariness produced a compromise that brought immediate relief but moved him away from the posture of faith. The warning was to bring heart-speech into the light before it becomes a settled direction.

TODAY'S SCRIPTURE

> **1 Samuel 30:6-8 (NIV)**
>
> *6 David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God. 7 Then David said to Abiathar the priest, the son of Ahimelek, "Bring me the ephod." Abiathar brought it to him, 8 and David inquired of the LORD, "Shall I pursue this raiding party? Will I overtake them?" "Pursue them," he answered. "You will certainly overtake them and succeed in the rescue."*

DEVOTIONAL REFLECTION

Act Four begins at Ziklag. David and his men returned to find the town burned and their families taken. They wept until they had no strength left. The men then spoke of stoning David. He had lost his home, his family, his standing and the support of the people who had followed him. The road chosen for safety had reached rock bottom.

Then the direction changed: David found strength in the Lord his God. The sentence does not say the grief disappeared or that encouragement arrived from the crowd. It says David turned toward the relationship that remained true beneath every loss - the Lord was still his God.

Strengthening himself was not positive thinking. David did not repeat that everything was fine. He called for the ephod, enquired of the Lord and waited for direction. Strength led to renewed listening, and listening led to obedience. God answered: pursue; you will overtake and rescue. Recovery began when David turned from the closed conversation of Act Three and once again asked God what to do.

Rob expanded this into a daily practice: look up, look out and look in. To look up is to reorient life toward the Father, the Son and the harvest. Weariness makes the crisis fill the whole horizon. Looking up does not deny the crisis; it restores the larger reality. God remains beautiful, present and worthy. His kingdom is still advancing, and there are still people who need the gospel.

To look out is to remember the relationships God has given. Rob encouraged gratitude for the people who have shaped us and an active invitation for them to keep speaking into our lives. Isolation grows when every conversation stays inside the heart. Strength often comes through a faithful friend who listens, tells the truth, reminds us who we are and refuses to let us negotiate with the enemy.

This is why the message returned repeatedly to brotherhood. David had Jonathan and later a band of men who stood with him. The church should become a place where people can admit that they have lost vision, become tempted or are living beneath their calling. Grace is not permission to remain chained. It is the safe ground from which truth can be spoken and freedom pursued.

To look in is to take honest stock of attitudes and actions that must change. Rob warned against endless inward analysis that produces paralysis, but he also refused denial. There are anchors that cannot be dragged into the next season: resentment, hidden lust, greed, shame, anger, passivity, pride and patterns of compromise. Strengthening includes surrender and practical action. A person may need confession, boundaries, counselling, rest, a change of routine or a deliberate reduction of access to a recurring temptation.

David's next step was clear. He pursued, recovered what had been taken and resumed leadership. The rock-bottom moment was not the end. Within the continuing story, the delayed man still became king. The weary man recovered. The compromised man returned. God's promise had survived the cave, the Philistine territory and the ashes of Ziklag.

The phrase 'strengthen yourself' can sound lonely, but the sermon did not teach self-sufficiency. David strengthened himself in the Lord. His strength came from relationship with God, renewed access to God's voice, the priestly help of Abiathar and the company of his men. Biblical strengthening is personal responsibility inside dependence and community.

Where do you need to turn today? Look up: name what is true about God. Look out: identify the person you need to contact, thank or invite into the conversation. Look in: name one attitude or action that must be released. Then enquire of the Lord and take the next obedient step. Rock bottom can become a turning point.

THREE QUESTIONS TO HELP ME REMEMBER

1	What did David do before he pursued the raiders and recovered what had been taken?
2	How do the practices 'look up, look out and look in' help a weary believer regain strength?
3	Why is strengthening yourself in the Lord different from self-sufficiency?

PRAYER

My God, when strength is gone and the consequences feel overwhelming, turn my heart toward You. Help me look up to Your presence, look out toward the people You have given me and look honestly within. Break isolation, restore Your voice and show me the next act of obedience. Give me grace to pursue freedom and recover what compromise has damaged. Amen.

CARRY THIS WITH ME TODAY

At rock bottom, I can still turn toward God, receive strength and take the next obedient step.

DAY 6 Finish the Journey Well

YESTERDAY IN ONE MINUTE

Yesterday reached Act Four. Ziklag was burned, the families were taken and David's men turned against him, but he found strength in the Lord, enquired of God and obeyed the command to pursue. Rob described a daily pattern of looking up, looking out and looking in so that weariness does not become isolation or compromise.

TODAY'S SCRIPTURE

> **2 Timothy 4:7-8 (NIV)**
>
> *7 I have fought the good fight, I have finished the race, I have kept the faith. 8 Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.*

DEVOTIONAL REFLECTION

The whole sermon began with a call to expect more from God than our realistic imagination allows. Rob described Christianity as an adventure and traced his own journey to a simple decision: listen for God's voice and say yes. He then placed that invitation inside David's full story so that no one would confuse obedience with a permanently easy life.

Act One was identity, anointing, promise and promotion. David was unseen in the field, but seen by God. The oil of anointing and the victory over Goliath showed that God's declaration can change a person's future before circumstances catch up. Rob connected this to salvation: we are not improved religious versions of the old self. In Christ we are made alive, given a new nature, chosen, adopted and sealed. The rucksack of shame and performance belongs at the cross.

Act Two was delay, injustice and attack. Saul hunted the anointed man, and David lived in caves. Yet Act Two did not change Act One. Trials exposed and refined faith. Delay called for the worship that says, 'Even if.' Injustice called for faithfulness when God's power seemed hidden. Attack required believers to recognise the real enemy, reject accusation and keep hearing the Shepherd's voice.

Act Three showed what can happen when pressure lasts too long without the heart being strengthened. David said within himself that Saul would eventually destroy him and that there was nothing better than Philistine territory. Weariness became a private counsellor, short-term relief became a guide, and compromise followed. Rob's warning was compassionate but clear: backsliding may be quiet, respectable and gradual. It can be the loss of fire, hidden agreement with sin, passivity or settling beneath the person God called us to become.

Act Four brought David to Ziklag, where the apparent refuge burned. Yet the ashes were not the final scene. David strengthened himself in the Lord, enquired again and obeyed. He recovered what had been taken and resumed the journey toward kingship. One turn toward God changed the direction. Failure, exhaustion and compromise did not possess the authority to write the final chapter.

Rob then widened the lens beyond these four acts. David later failed grievously with Bathsheba. The warning was that no one becomes too old to be tested, tempted or taught. We are not finished until we cross the finish line. A powerful beginning does not remove the need for watchfulness, and a terrible failure does not remove the possibility of repentance, grace and continued formation.

This word mattered especially for older believers. Grey hair is not a notice that God is finished. The role may change from Joshua in the valley to Moses on the mountain, holding up hands so others can win. Strength may be expressed through prayer, wisdom, encouragement, generosity, mentoring and a faithful marriage. The desire is to remain eager for Jesus until the last day and to leave family and church grateful for a life that kept turning toward God.

The measure of a life is not one shining victory or one devastating failure. It is the direction of the journey and where grace brings us in the end. Paul could say he had fought, finished and kept the faith, not because his path was free from suffering or mistakes, but because Christ remained faithful and Paul continued to return, endure and obey.

Rob's closing prayer gathered the message into practical dependence. Strengthen yourself continually, not only when crisis arrives. Each morning look up, look out and look in. Find trustworthy brothers and sisters. Refuse secret chains and bring hidden battles into the light. Do not give up, back down, negotiate with the enemy or settle for mediocrity. Receive the peace and joy of the Holy Spirit, then let that life flow to family, church and the world.

Retell the sermon to yourself in one sentence: I am chosen by grace, tested without being renamed, warned not to let weariness lead me into compromise, and invited to strengthen myself in the Lord so that I can recover, continue and finish well. The next yes may feel small, but it belongs to the whole journey.

THREE QUESTIONS TO HELP REMEMBER THE WHOLE SERMON

1	What pictures and Scriptures hold together the sermon's message about David's four-act journey?
2	Where are you presently - Act One identity, Act Two testing, Act Three weariness or Act Four strengthening and recovery?
3	What daily practice and relational step will help you keep saying yes to God and finish well?

PRAYER

Father, thank You that my life is held by Your grace from the first call to the finish line. Root me in my identity in Christ, refine me without letting the cave rename me, and expose every compromise born from weariness. Teach me to strengthen myself in You, to receive help from Your people and to keep saying yes. Make me faithful in youth, in age, in success, in failure and in recovery. May I fight the good fight, finish the race and keep the faith for the glory of Jesus. Amen.

CARRY THIS WITH ME TODAY

My story is not measured by one moment; by grace, I will keep saying yes and finish with faith.