**Devotion 1: Jesus Rescues Me**

**Theme:** Jesus rescues us from sin and death.

**Scripture:** Romans 5:1-8

**Activity Time:** Morning Devotion

**Activity:**

1. **Read Romans 5:1-8**: Take your time to read the passage slowly and reflect on each verse.
2. **Reflection Questions:**
	* What does it mean to be rescued by Jesus?
	* How has Jesus rescued you personally?
	* Why do you think Jesus chose to rescue us even though we are sinners?
3. **Illustration:** Think about a time when you felt "stuck" in life. How did Jesus help you get "unstuck" from that situation?
4. **Prayer:** Thank Jesus for rescuing you and ask Him to help you live for Him each day.

**Personal Tip:** Write down your reflections in a journal. This will help you see how Jesus has been working in your life over time.

**Devotion 2: The Timing of Jesus' Rescue**

**Theme:** God's perfect timing in sending Jesus.

**Scripture:** Romans 5:6

**Activity Time:** Lunch Break

**Activity:**

1. **Read Romans 5:6**: Reflect on the verse and its meaning.
2. **Reflection Questions:**
	* What does it mean that Jesus came at the "right time"?
	* Can you think of a time when something happened at just the right moment in your life?
3. **Illustration:** Reflect on a personal story where something happened at the perfect time. How did you see God's hand in that situation?
4. **Prayer:** Thank God for His perfect timing and ask Him to help you trust His timing in your life.

**Personal Tip:** Take a few moments to meditate on God's timing and how it has played a role in your life. Write down any insights that come to mind.

**Devotion 3: Transformed Through Trials**

**Theme:** God uses trials to transform us.

**Scripture:** Romans 5:3-4; James 1:2-3

**Activity Time:** Evening Devotion

**Activity:**

1. **Read Romans 5:3-4 and James 1:2-3**: Reflect on the passages and their meaning.
2. **Reflection Questions:**
	* What are trials you have faced?
	* How have these trials helped you grow?
	* Can you see how God has used difficult times to strengthen your faith?
3. **Illustration:** Think about the process of a butterfly transforming from a caterpillar. Reflect on how your struggles have made you stronger.
4. **Prayer:** Ask God to help you see the good in your trials and to trust Him through difficult times.

**Personal Tip:** Keep a gratitude journal where you note down how God has used trials to transform you. This will help you see His faithfulness in your life.

**Devotion 4: Peace with God**

**Theme:** Jesus gives us peace with God.

**Scripture:** Romans 5:1; John 20:21

**Activity Time:** Afternoon Break

**Activity:**

1. **Read Romans 5:1 and John 20:21**: Reflect on the verses and their meaning.
2. **Reflection Questions:**
	* What is peace to you?
	* How does Jesus give you peace?
	* Why is it important to have peace with God?
3. **Illustration:** Think about a time when you felt a deep sense of peace. How did Jesus provide that peace for you?
4. **Prayer:** Thank Jesus for giving you peace and ask Him to help you share His peace with others.

**Personal Tip:** Take a few moments to sit quietly and meditate on the peace that Jesus gives. Let this peace fill your heart and mind.

**Devotion 5: Living a New Life**

**Theme:** Living a new life in Jesus.

**Scripture:** Romans 6:1-4

**Activity Time:** Evening Walk

**Activity:**

1. **Read Romans 6:1-4**: Reflect on the passage and its meaning.
2. **Reflection Questions:**
	* What does it mean to live a new life in Jesus?
	* How can you show that you are living for Jesus?
	* What changes can you make to live more like Jesus?
3. **Illustration:** As you walk, observe new growth in nature (e.g., flowers, leaves). Reflect on how you are growing in your new life with Jesus.
4. **Prayer:** Ask Jesus to help you live your new life for Him and to show His love to others.

**Personal Tip:** Use your walk to create a relaxed and open environment for reflection. Take note of the new growth you see and how it parallels your spiritual growth.