

Week 1 Devotions: Overcoming an Orphan Spirit

In John 14:18, Jesus promises he will not leave us as orphans. *“All who love me will do what I say. My Father will love them, and we will come and make our home with each of them”* (John 14:23). While Jesus is preparing our eternal home with the Father in heaven, the Father makes his home in us now, simply because we love Jesus and do what he says. Jesus also promised, *“You won’t need to ask me for anything. I tell you the truth, you will ask the Father directly, and he will grant your request because you use my name”* (John 16:23). Our relationship with Jesus as his bride gives us direct access to his Father who is now our Father. Just like I have access to my husband’s bank account and write checks with his name on them using money he earned that is mine simply because I belong to my husband, Jesus has given us signed checks to take to the Father so we can access the inheritance of Jesus. What Jesus has (peace, joy, hope, love, power, etc.) is yours because you are in covenant with him as his bride forever.

Meditate on the following scripture passages, praying them back to God with thanksgiving as a way of renewing your mind and overcoming an orphan spirit:

- **Ephesians 1:3** – *“All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.”* (Prayer example: *“Thank you, Father, for blessing me with every spiritual blessing, simply because I’m united with Christ.”*)
- **Ephesians 1:4-5** – *“Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. ⁵ God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.”*
- **Ephesians 1:6-8** – *“So we praise God for the glorious grace he has poured out on us who belong to his dear Son. ⁷ He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. ⁸ He has showered his kindness on us, along with all wisdom and understanding.”*
- **Ephesians 1:13-14** – *“When you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. ¹⁴ The Spirit is God’s guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.”*
- **Philippians 4:19** – Paul said, *“This same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.”*
- **2 Corinthians 9:8** – *“God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.”*
- **Matthew 6:31-33** – Jesus said, *“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”*

Prayer and Journal Prompt: Were any of the above scriptures difficult to affirm about yourself? Ask the Holy Spirit to do a spiritual MRI, reveal the root of unbelief, and guide you into the truth of God’s love.

Day 2: Taught by the Holy Spirit

In John 15:4 Jesus says, *“Remain in me, and I will remain in you.”* Remaining in Jesus not so much something we do but a place we dwell with him in the spiritual realm by the Holy Spirit who is enjoined to our spirit. For 1 Corinthians 6:17 assures us that *“Whoever is united with the Lord is one with him in spirit.”* The place of remaining is both within us, because the Father, Son, and Spirit have made their home in us, and in heavenly places where we are seated with Christ, according to Ephesians 2:6. This place of remaining can look different each time you connect with the Lord in prayer, depending upon what the Holy Spirit wants to teach you.

This place sometimes looks like a classroom in the spirit realm because you’re there to learn from the Holy Spirit. He is your Teacher. He will reveal truth to you as you abide in Jesus and that truth sets you free from every chain of bondage. As we abide in Christ, we receive the mind of Christ which is why Jesus promises in John 15:7, *“If you remain in me and my words remain in you, you may ask for anything you want, and it will be granted!”* Jesus’ words remain in us as we meditate on scripture, yielding to the Holy Spirit who renews our mind and changes the way we think.

When our mind is renewed, we experience transformation that is like Jesus’ transfiguration when God’s glory was visible on him as radiating light (Romans 12:2). As we open up to the light of Truth and spend time receiving from the Holy Spirit, we become a floodlight that shines to the world around us. In Luke 11:36 Jesus said, *“If you are filled with light, with no dark corners, then your whole life will be radiant, as though a floodlight were filling you with light.”* Apart from Jesus we can do nothing, but as we abide in him, we are enabled by the Holy Spirit to do *“exceeding abundantly above all that we ask or think”* (Ephesians 3:20).

Picture yourself as a little child in a classroom with a loving, caring teacher speaking revelation that brings you joy. Ask the Holy Spirit to highlight a scripture below to meditate upon. Ask him what he wants you to know about who he is as your Teacher and how he teaches you.

- **John 14:26** – *“When the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.”*
- **John 14:16-17** – *“I will ask the Father, and he will give you another Advocate, who will never leave you. ¹⁷ He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn’t looking for him and doesn’t recognize him. But you know him, because he lives with you now and later will be in you.”*
- **John 16:13-15** – *“When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future. ¹⁴ He will bring me glory by telling you whatever he receives from me. ¹⁵ All that belongs to the Father is mine; this is why I said, ‘The Spirit will tell you whatever he receives from me.’”*
- **1 John 2:27** – *“You have received the Holy Spirit, and he lives within you, so you don’t need anyone to teach you what is true. For the Spirit teaches you everything you need to know, and what he teaches is true — it is not a lie. So just as he has taught you, remain in fellowship with Christ.”*

Prayer and Journal Prompt: Lord, what does the place of abiding look like where I’m meeting with you today? What do you want me to know today? (Journal what he says below.)

Day 3: Entering Sabbath Rest

Sabbath Rest is a place that Hebrews 4 tells us we enter through faith and obedience (for there's no such thing as real faith without obedience). The Lord described this place to me as a garden filled with fruit trees because it is full of the Father's provision for you. You eat from the tree of life as you rest in the knowledge that God is for you, not against you, and will provide for every purpose connected to your life. There is always a sunrise on the horizon in the place of Sabbath Rest because in that place your hope is renewed. It is always the beginning of a new day with fresh hope because you are a new creation in Christ Jesus.

In the place of Sabbath Rest you enjoy fellowship with the Father. Even though there is always new revelation available in the place of Abiding, when you are in the place of Sabbath Rest there is nothing for you to do except receive the revelation of God's love for you and his favor toward you.

When you find yourself in a stressful situation and feel anxiety rising within you, mentally go to the place of Sabbath Rest. Take a few deep breaths to exhale stress and deactivate your sympathetic nervous system. Then picture yourself entering a tranquil garden with the Lord. He is smiling on you and enjoying who he created you to be. As you look around at the abundance of provision in the garden and how strong the Lord is, you suddenly remember that every problem is small when viewed in the presence of Almighty God. Take a moment to worship God as your Creator, Provider, Redeemer, Protector, Father, and Friend.

Prayer and Journal Prompt: Ask the Holy Spirit to show you how the Father sees you. Journal what he shows you below.

Day 4: Shining Light Into Trauma

When you feel triggered in your emotions, it's time to invite Jesus, the Light, to shine in that place of darkness because light dispels darkness. First, take some deep breaths to calm your sympathetic nervous system. Go outside, if possible, to create a feeling of space and remove yourself from anything negative in the atmosphere (noise from TV, music, etc.). Close your eyes and imagine that you're climbing up a mountain with Jesus, your Good Shepherd. When you get tired, he picks you up and carries you the rest of the way. You're climbing higher so you can get a higher perspective on the events of your life and see from God's viewpoint any details about his activity in your life you may have missed.

On your journey, pay attention to any details the Lord highlights. Is there water nearby because you need cleansing from that emotion? Are there flowers growing along the path because God has created beauty from ashes? Is the sky cloudy, indicating oppression in your mind from the enemy that's been blocking the light? Is there gold sparkling on the ground because God is pulling the gold out of that situation? Whatever you see along the journey, ask the Holy Spirit why it's there and what he wants you to know about it. Simply receive revelation as a gift and worship the Lord with each step you take.

As you reach the top of the mountain with Jesus, begin to pray through Psalm 23 and receive Jesus' peace and rest in your soul. In the safety of Jesus' presence, ask the Holy Spirit to help you recall whatever event is triggering a negative emotion. From the mountain, begin to look down on that situation with Jesus present to show you where he was and what he was doing in the midst of that situation to love you. As you pray Psalm 23 aloud, invite the Holy Spirit to replace demonic images with heaven's pictures in your imagination and transform you by changing the way you think.

- *Jesus, you are my Shepherd. In you I have all I need.* (Worship Jesus as your provider.)
- *You make me lie down in green pastures and lead me beside still waters to restore my soul.* (Pay attention to changes in your physical body as you invite Jesus' peace to restore your soul. Visualize the living water of the Holy Spirit flowing to dead places in you and restoring life.)
- *You guide me along right paths, bringing honor to your name.* (See his light on your path.)
- *Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.* (Look in the spirit in the dark valley you walked through and see Jesus there protecting you from demons you couldn't see and comforting you.)
- *You prepare a feast for me in the presence of my enemies.* (Worship Jesus for being with you as light in the darkness. Now picture the demons who intended to destroy you through that traumatic event watching you feast on God's goodness in utter defeat.)
- *You anoint my head with oil.* (Picture yourself receiving the anointing of the Spirit who redeems what the enemy meant for evil and works it into good.)
- *My cup overflows with blessings.* (See Jesus filling your cup to overflowing with the wine of celebration because you are his bride and everything he has is yours because you are in Christ.)
- *Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever.* (See yourself sitting on the Father's lap, looking at the story of your life. As you look at the pages of your past, see the words, "Goodness and Unfailing Love" as the title of every chapter. Flip a few pages ahead into your future and see the heading, "Living in God's House Forever." Now see the Father smile as you close the book and snuggle in his arms.)