



The**MET**

A large, artistic illustration of a dove with its wings spread wide, facing left. The dove is rendered in a vibrant, multi-colored style with shades of red, orange, yellow, green, and blue. The background behind the dove is a soft, ethereal glow of similar colors, creating a sense of light and presence.

PENTECOST

THE COMFORTER
HAS COME

A 7-WEEK SERIES
DEVOTIONAL GUIDE

HOW TO USE THIS BOOK:

SCRIPTURE (CSB): Begin by reading the Word of God. Take your time. Read it slowly, and if needed, read it more than once. Let the truth settle in your heart.

MEDITATION: This section helps you reflect on the meaning of the passage. As you read, ask yourself, what is God revealing about Himself, and what is He showing me?

CHALLENGE: Here you will recognize the tension between God's truth and everyday life. This is where awareness begins. Notice where you may be relying on yourself instead of God.

APPLY: Faith becomes real when it is lived out. This step gives you one simple and practical way to respond to what you have read, something you can carry into your day.

PRAYER: Close your time by talking with God. Use the written prayer as a starting point, but feel free to make it your own. This is your moment to invite Him in, surrender, and depend on His presence.





WEEK 1

THE PROMISE OF ANOTHER HELPER

JOHN 14:16–17

MONDAY, APRIL 13, 2026

SCRIPTURE: JOHN 14:16

“And I will ask the Father, and he will give you another Counselor to be with you forever!” (CSB)

MEDITATION: Jesus promises to ask the Father to give us another Helper—the Holy Spirit. The word ‘another’ signals One like Jesus in nature and purpose, sent to continue Jesus’ ministry among and within His people.

CHALLENGE: Modern life prizes self-reliance and self-definition; relying on a divine Helper can feel unnecessary or even weak. We’re tempted to measure our days by productivity instead of Presence.

APPLY: Pause before you begin today’s key task and whisper: ‘Holy Spirit, be my Helper now!’

PRAYER: Father, thank You for sending the Spirit as another Helper. Holy Spirit, I welcome You. Strengthen me to depend on You rather than myself, and continue the ministry of Jesus in and through me today. Amen.

TUESDAY, APRIL 14,
2026

SCRIPTURE: JOHN 14:17

“He is the Spirit of truth. The world is unable to receive him because it doesn’t see him or know him. But you do know him, because he remains with you and will be in you.” (CSB)

MEDITATION: The Spirit is the Spirit of truth whom the world cannot receive, yet believers know Him because He dwells with us and will be in us. God’s nearness is not only around us but within us.

CHALLENGE: In an age of noise and distraction, inner awareness of God is dulled. We can know a lot about God yet miss communion with God.

APPLY: Set a 1-minute timer, breathe slowly, and acknowledge: ‘Holy Spirit, You dwell in me.’

PRAYER: Holy Spirit, You are the Spirit of truth. Quiet my inner world so I can attend to Your indwelling presence. Let Your nearness shape my words, choices, and reactions today. Amen.

WEDNESDAY, APRIL 15, 2026

SCRIPTURE: JOHN 14:26

“But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and remind you of everything I have told you.” (CSB)

MEDITATION: The Helper will teach us all things and remind us of everything Jesus said. The Spirit makes Jesus' words living and timely for our real situations.

CHALLENGE: We skim Scripture for information but struggle to receive illumination. Competing voices promise guidance that sidelines Jesus' teaching.

APPLY: Before reading Scripture, pray: 'Spirit, teach me and remind me of Jesus' words for this moment.'

PRAYER: Spirit of truth, open the Scriptures to me. Bring to mind the words of Jesus and show me how to walk in them with faith and love today. Amen.

THURSDAY, APRIL 16, 2026

SCRIPTURE: JOHN 15:26

“When the Counselor comes, the one I will send to you from the Father—the Spirit of truth who proceeds from the Father—he will testify about me.” (CSB)

MEDITATION: The Spirit proceeds from the Father and bears witness about Jesus. The Spirit's ministry is Christ-centered—He shines the spotlight on the Son.

CHALLENGE: Spirituality can become self-focused—about experiences or success. Without noticing, we can seek the gifts but forget the Giver and the glory of Christ.

APPLY: Ask: ‘How can I speak or act today in a way that highlights Jesus, not me?’

PRAYER: Holy Spirit, bear witness to Jesus through my life. Guard me from self-centered spirituality and make Christ beautiful and believable in my words and deeds. Amen.

FRIDAY, APRIL 17, 2026

SCRIPTURE:
1 CORINTHIANS 3:16

“Don’t you yourselves know that you are God’s temple and that the Spirit of God lives in you?” (CSB)

MEDITATION: We are God’s temple and God’s Spirit dwells in us. The church is a Spirit-inhabited people—together we are His dwelling place.

CHALLENGE: Individualism makes faith a private hobby and community optional. We can forget that the Spirit forms us into a people who need one another.

APPLY: Reach out to someone in your church to encourage or pray with them before Sunday.

PRAYER: Spirit of God, thank You that we are Your dwelling. Knit me into Your people in love and unity. Prepare my heart to gather with the church and be re-strengthened by Your presence this Sunday. Amen.



WEEK 2

THE WORK OF THE SPIRIT

JOHN 16:7–15

MONDAY, APRIL 20, 2026

SCRIPTURE: JOHN 16:7

“Nevertheless, I am telling you the truth. It is for your benefit that I go away, because if I don’t go away the Counselor will not come to you. If I go, I will send him to you.” (CSB)

MEDITATION: Jesus says it is to our advantage that He goes away because then the Helper will come. The Spirit brings the presence and power of Jesus to every believer everywhere.

CHALLENGE: We can secretly believe life would be easier if Jesus were physically here, underestimating the gift of the Spirit’s global, personal ministry.

APPLY: Thank God specifically for the advantage of the Spirit’s presence in your context today.

PRAYER: Lord Jesus, I trust Your wisdom. Thank You for sending the Spirit. Help me live today as if Your promise is true—that the Spirit’s presence is truly to my advantage. Amen.

TUESDAY, APRIL 21,
2026

SCRIPTURE: JOHN 16:8–11

“When he comes, he will convict the world about sin, righteousness, and judgment: About sin, because they do not believe in me; about righteousness, because I am going to the Father and you will no longer see me; and about judgment, because the ruler of this world has been judged.” (CSB)

MEDITATION: The Spirit convicts the world concerning sin, righteousness, and judgment: exposing unbelief, vindicating Christ, and announcing evil's defeat.

CHALLENGE: Our culture treats conviction as harm rather than help. We learn to avoid discomfort instead of welcoming the surgery that heals.

APPLY: When conviction surfaces, say, ‘You’re right, Lord,’ and turn quickly to Him.

PRAYER: Holy Spirit, when You convict me, give me a soft heart. Lead me to repentance that brings freedom and deeper love for Jesus. Amen.

WEDNESDAY, APRIL 22, 2026

SCRIPTURE: JOHN 16:13

“When the Spirit of truth comes, he will guide you into all the truth. For he will not speak on his own, but he will speak whatever he hears. He will also declare to you what is to come.” (CSB)

MEDITATION: The Spirit guides us into all the truth—He doesn’t invent new revelation but illumines what Jesus has revealed so we can trust and obey.

CHALLENGE: Endless information can masquerade as wisdom. We need the Spirit’s guidance to discern truth from noise and live it.

APPLY: Before your next decision, pray: ‘Spirit of truth, guide me into Your truth for this.’

PRAYER: Spirit of truth, steady my mind and lead my steps. Make Your Word a lamp to my feet and align my will with Yours. Amen.

THURSDAY, APRIL 23, 2026

**SCRIPTURE:
1 CORINTHIANS 2:12**

**“Now we have not received the spirit of the world, but the Spirit who comes from God, so that we may understand what has been freely given to us by God.”
(CSB)**

MEDITATION: We have received the Spirit who is from God, that we might understand the things freely given us by God. Understanding grace is a work of the Spirit.

CHALLENGE: Merit-based thinking seeps into our faith; we measure ourselves by performance and miss the wonder of grace.

APPLY: Meditate on one grace you've received that you could never earn; thank the Spirit for making it real to you.

PRAYER: Gracious God, thank You for gifts I could never deserve. Holy Spirit, deepen my understanding of grace until gratitude overflows in obedience. Amen.

FRIDAY, APRIL 24, 2026

SCRIPTURE: JOHN 16:14

“He will glorify me, because he will take from what is mine and declare it to you.” (CSB)

MEDITATION: The Spirit glorifies Jesus. Wherever Jesus is magnified—trusted, loved, obeyed—the Spirit is at work.

CHALLENGE: We’re drawn to personalities and platforms. It’s easy to confuse charisma with the Spirit’s work if Jesus is not central.

APPLY: Evaluate one input (podcast, song, book): Does it exalt Christ? Keep what glorifies Him.

PRAYER: Holy Spirit, make my life Christ-centered. This weekend, lead me to worship with Your people and be re-strengthened by Your presence to live with power. Amen.





WEEK 3

THE ARRIVAL AND POWER OF THE SPIRIT

ACTS 2:1–4; 38

MONDAY, APRIL 27, 2026

SCRIPTURE: ACTS 2:1–4

“When the day of Pentecost had arrived, they were all together in one place. Suddenly a sound like that of a violent rushing wind came from heaven, and it filled the whole house where they were staying. They saw tongues like flames of fire that separated and rested on each one of them. Then they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them.” (CSB)

MEDITATION: The Spirit arrives with wind, fire, and speech—signs of God’s life, holiness, and global mission—transforming fearful disciples into bold witnesses.

CHALLENGE: We can settle for safe, manageable Christianity, avoiding the risk of Spirit-empowered witness.

APPLY: Ask God for one clear opportunity to speak of Jesus this week—and for courage to take it.

PRAYER: Come, Holy Spirit. Fill me with holy boldness. Let Your presence purify my motives and empower my words for the sake of Jesus. Amen.

TUESDAY, APRIL 28,
2026

SCRIPTURE: ACTS 1:8

“But you will receive power when the Holy Spirit has come on you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” (CSB)

MEDITATION: We receive power when the Spirit comes upon us to be witnesses—near and far. Mission is the natural overflow of the Spirit’s power.

CHALLENGE: We often think mission belongs to the experts. Fear of awkwardness keeps our mouths closed.

APPLY: Write one name geographically ‘near’ you. Pray for them and plan one loving step toward them.

PRAYER: Lord, make me Your witness. Give me love for the people near me and power to speak of Christ with gentleness and clarity. Amen.

WEDNESDAY, APRIL 29, 2026

SCRIPTURE: ACTS 2:17–18

“And it will be in the last days, says God, that I will pour out my Spirit on all people; then your sons and your daughters will prophesy, your young men will see visions, and your old men will dream dreams. I will even pour out my Spirit on my servants in those days, both men and women and they will prophesy.” (CSB)

MEDITATION: Peter declares Joel’s promise: God will pour out His Spirit on all flesh—sons and daughters, young and old, servants and free—broad, barrier-breaking grace.

CHALLENGE: We can unconsciously limit whom God can use—ourselves included—based on age, status, or past.

APPLY: Ask the Spirit: ‘Whom have I discounted that You want to empower?’ Act to encourage or include them.

PRAYER: God of all peoples, pour out Your Spirit afresh. Break my biases and include me in Your wide mercy for the sake of the gospel. Amen.

THURSDAY, APRIL 30, 2026

SCRIPTURE: ACTS 2:38–39

**“Peter replied, “Repent and be baptized, each of you, in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. For the promise is for you and for your children, and for all who are far off, as many as the Lord our God will call.”
(CSB)**

MEDITATION: Peter calls for repentance and baptism in Jesus’ name, with the promise of forgiveness and the gift of the Holy Spirit—for you and your children and all who are far off.

CHALLENGE: We can treat repentance as a one-time doorway instead of a lifelong posture that keeps us tender and usable.

APPLY: Practice a simple examen tonight: confess, receive forgiveness, and ask for fresh filling.

PRAYER: Merciful Lord, grant me a repentant heart. Forgive my sins and fill me anew with Your Spirit so I may live on mission with joy. Amen.

FRIDAY, MAY 01, 2026

SCRIPTURE: ACTS 4:31

“When they had prayed, the place where they were assembled was shaken, and they were all filled with the Holy Spirit and began to speak the word of God boldly.” (CSB)

MEDITATION: After praying, the place was shaken; they were all filled with the Holy Spirit and continued to speak the word with boldness. Fresh fillings fuel continued witness.

CHALLENGE: We attempt ministry in our own strength, growing weary and discouraged when fruit seems slow.

APPLY: Gather with a friend to pray specifically for boldness and fresh filling today.

PRAYER: Lord, shake my life by Your presence. Fill me again and send me to speak Your word with boldness. Prepare my heart to gather with the church and be re-strengthened by the Spirit this Sunday. Amen.



WEEK 4

LIFE IN THE SPIRIT

ROMANS 8:1–17

MONDAY, MAY 04, 2026

SCRIPTURE: ROMANS 8:1

“Therefore, there is now no condemnation for those in Christ Jesus.” (CSB)

MEDITATION: There is now no condemnation for those in Christ Jesus. The Spirit applies Christ's verdict of freedom to our hearts.

CHALLENGE: Shame scripts run deep; we rehearse our failures and live timidly before God.

APPLY: Speak Romans 8:1 out loud when accusation rises today.

PRAYER: Abba, thank You for the cross of Christ. Holy Spirit, silence condemning voices and anchor me in the freedom Jesus purchased. Amen.

TUESDAY, MAY 05, 2026

SCRIPTURE: ROMANS 8:5–6

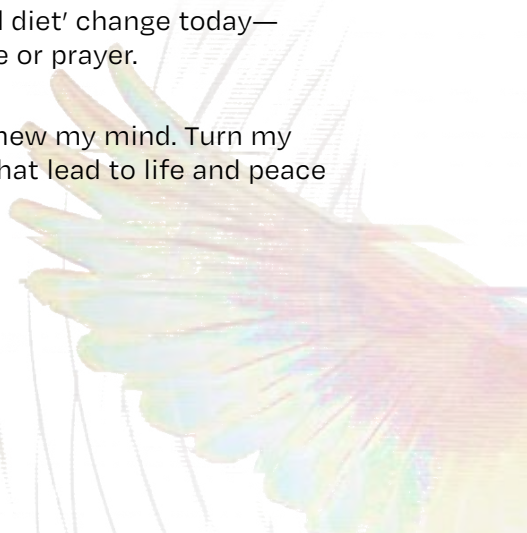
“For those who live according to the flesh have their minds set on the things of the flesh, but those who live according to the Spirit have their minds set on the things of the Spirit. Now the mindset of the flesh is death, but the mindset of the Spirit is life and peace.”
(CSB)

MEDITATION: Those who live according to the Spirit set their minds on the things of the Spirit. The mindset we cultivate shapes our life and peace.

CHALLENGE: Our attention tends to pull us toward anxiety and distraction, not life and peace.

APPLY: Choose one ‘mind diet’ change today—replace a scroll with Scripture or prayer.

PRAYER: Spirit of life, renew my mind. Turn my attention toward the things that lead to life and peace in You. Amen.



WEDNESDAY, MAY 06,
2026

SCRIPTURE: ROMANS 8:11

“And if the Spirit of him who raised Jesus from the dead lives in you, then he who raised Christ from the dead will also bring your mortal bodies to life through his Spirit who lives in you.” (CSB)

MEDITATION: The Spirit who raised Jesus dwells in us and will give life to our mortal bodies. Resurrection power is present and future hope.

CHALLENGE: We can feel powerless before persistent weaknesses and sufferings, forgetting the Spirit’s vital, life-giving presence.

APPLY: Name one weary place in your life and invite the Spirit’s life there today.

PRAYER: Risen Lord, by Your Spirit breathe life into my weakness. Strengthen me to endure with hope and to serve with joy. Amen.

THURSDAY, MAY 07,
2026

SCRIPTURE: ROMANS 8:13

"...because if you live according to the flesh, you are going to die. But if by the Spirit you put to death the deeds of the body, you will live." (CSB)

MEDITATION: By the Spirit we put to death the deeds of the body and live. Sanctification is not self-improvement but Spirit-empowered warfare against sin.

CHALLENGE: We tend to manage sin instead of mortifying it, excusing patterns that steal our joy and witness.

APPLY: Confess one specific sin; take a concrete step to cut off its supply line today.

PRAYER: Holy Spirit, empower me to put sin to death. Give me courage, accountability, and new affections that love what You love. Amen.

FRIDAY, MAY 08, 2026

SCRIPTURE: ROMANS 8:15–16

“For you did not receive a spirit of slavery to fall back into fear. Instead, you received the Spirit of adoption, by whom we cry out, “Abba, Father!” The Spirit himself testifies together with our spirit that we are God’s children, ” (CSB)

MEDITATION: We have received the Spirit of adoption, by whom we cry, ‘Abba! Father!’ The Spirit bears witness that we are God’s children.

CHALLENGE: An orphan spirit—fear, striving, and comparison—can shape our identity more than the Father’s love.

APPLY: Pray the Lord’s Prayer slowly, as a beloved son or daughter.

PRAYER: Abba Father, thank You for adopting me. Spirit, witness to my heart that I belong to You. Prepare me to gather with Your family this Sunday to be strengthened by Your presence. Amen.



WEEK 5

SPIRITUAL GIFTS: EMPOWERED TO SERVE

1 CORINTHIANS 12:4–11

MONDAY, MAY 11, 2026

SCRIPTURE: 1 CORINTHIANS 12:4–6

“Now there are different gifts, but the same Spirit. There are different ministries, but the same Lord. And there are different activities, but the same God works all of them in each person.” (CSB)

MEDITATION: There are varieties of gifts, service, and activities, but the same Spirit, Lord, and God. Unity without uniformity is God's design.

CHALLENGE: We often prefer sameness and can either elevate certain gifts or dismiss others.

APPLY: Name two different gifts you see in your church and thank God for both.

PRAYER: Triune God, thank You for diverse grace. Spirit, teach me to value every part of the body and to contribute my part in love. Amen.

TUESDAY, MAY 12, 2026

SCRIPTURE:
1 CORINTHIANS 12:7

"A manifestation of the Spirit is given to each person for the common good." (CSB)

MEDITATION: To each is given the manifestation of the Spirit for the common good. Gifts are God showing up through His people to build others up.

CHALLENGE: Consumer Christianity turns us into spectators who evaluate rather than servants who edify.

APPLY: Ask: 'Who is the common good for me today?' Do one act to build them up.

PRAYER: Holy Spirit, manifest Your presence through me for someone's good today. Make me eager to serve, not to be seen but to love. Amen.

WEDNESDAY, MAY 13,
2026

SCRIPTURE: ROMANS 12:6

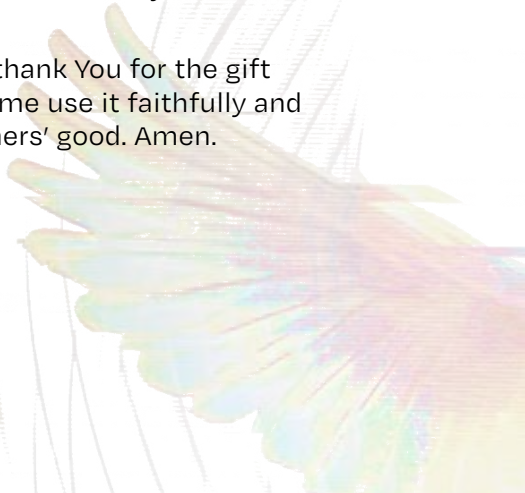
“And there are different activities, but the same God works all of them in each person.” (CSB)

MEDITATION: Having gifts that differ according to the grace given to us, let us use them. Grace equips us, and obedience puts grace to work.

CHALLENGE: Insecurity or perfectionism can keep us from starting. We wait to feel ready instead of stepping out in faith.

APPLY: Take one small step to use your gift this week—sign up, offer help, or start where you are.

PRAYER: Giver of grace, thank You for the gift You've entrusted to me. Help me use it faithfully and humbly for Your glory and others' good. Amen.



THURSDAY, MAY 14, 2026

SCRIPTURE: 1 PETER 4:10–11

“Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God. If anyone speaks, let it be as one who speaks God’s words; if anyone serves, let it be from the strength God provides, so that God may be glorified through Jesus Christ in everything. To him be the glory and the power forever and ever. Amen.” (CSB)

MEDITATION: As each has received a gift, use it to serve one another as good stewards of God’s varied grace—so that in everything God may be glorified through Jesus Christ.

CHALLENGE: We can serve for approval or identity. Stewardship recalibrates us to serve for God’s glory, not our brand.

APPLY: Serve someone today in a way that only God needs to notice.

PRAYER: Lord, make me a faithful steward of Your grace. May my serving point beyond me to Your greatness in Jesus. Amen.

FRIDAY, MAY 15, 2026

SCRIPTURE:
1 CORINTHIANS 12:11

“One and the same Spirit is active in all these, distributing to each person as he wills.” (CSB)

MEDITATION: All these are empowered by one and the same Spirit, who apportions to each one individually as He wills. The Spirit is sovereign in assignment.

CHALLENGE: Comparison and envy poison joy. Contentment flourishes when we trust the Giver.

APPLY: Thank the Spirit for how He has gifted you and someone very different from you.

PRAYER: Sovereign Spirit, I trust Your wisdom. Free me from comparison. Fill me with joy as I serve this weekend and gather with the church to be re-strengthened by Your presence. Amen.



WEEK 6

WALKING IN THE SPIRIT

GALATIANS 5:16–26

MONDAY, MAY 18, 2026

SCRIPTURE: GALATIANS 5:16

“I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh.” (CSB)

MEDITATION: Walk by the Spirit, and you will not gratify the desires of the flesh. Daily dependence directs daily victory.

CHALLENGE: We prefer quick fixes over daily formation. Without rhythms, the flesh regains ground.

APPLY: Choose one anchor rhythm today—Scripture before screen, or a midday prayer walk.

PRAYER: Holy Spirit, teach me to walk with You today. Order my steps and redirect my desires toward what pleases You. Amen.

TUESDAY, MAY 19, 2026

SCRIPTURE: GALATIANS 5:17

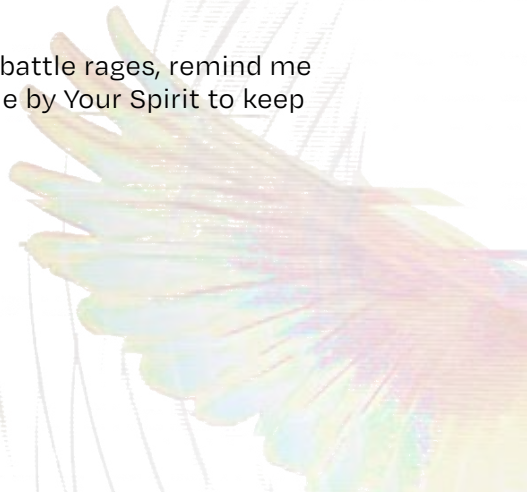
“For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don’t do what you want.” (CSB)

MEDITATION: The desires of the flesh and the Spirit are opposed. This conflict is normal for believers, not a sign of failure.

CHALLENGE: Discouragement sets in when struggle persists; we assume we’re not growing because the battle continues.

APPLY: Name one recurring battle and ask a trusted friend to pray with you this week.

PRAYER: Lord, when the battle rages, remind me I belong to You. Strengthen me by Your Spirit to keep walking, not quitting. Amen.



WEDNESDAY, MAY 20,
2026

**SCRIPTURE: GALATIANS
5:22–23**

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things.” (CSB)

MEDITATION: The fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control—is organic Christlike character the Spirit grows in us.

CHALLENGE: We try to manufacture virtue by sheer effort, taping fruit to the tree instead of abiding in Christ and experiencing Him grow it within us.

APPLY: Pick one fruit for this week and plan one concrete behavior that embodies it.

PRAYER: Gardener of my soul, cultivate Your fruit in me. Let Your character ripen in my reactions, words, and habits today. Amen.

THURSDAY, MAY 21, 2026

SCRIPTURE: GALATIANS 5:24

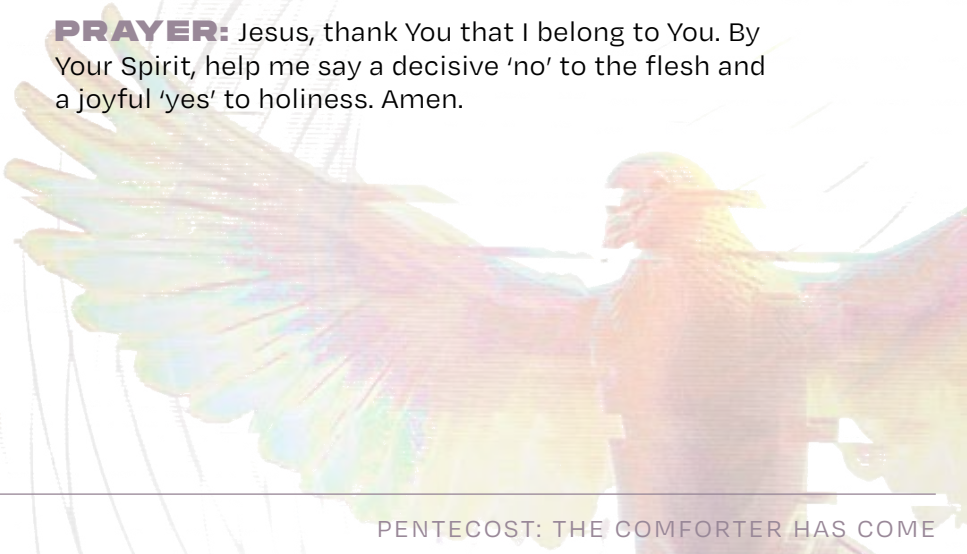
“Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.” (CSB)

MEDITATION: Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Conversion includes a decisive break with the old master.

CHALLENGE: We often negotiate with old sins instead of nailing them to the cross and walking away.

APPLY: Identify one trigger and make a pre-decided ‘escape plan’ for the next time it appears.

PRAYER: Jesus, thank You that I belong to You. By Your Spirit, help me say a decisive ‘no’ to the flesh and a joyful ‘yes’ to holiness. Amen.



FRIDAY, MAY 22, 2026

SCRIPTURE: GALATIANS 5:25

“If we live by the Spirit, let us also keep in step with the Spirit.” (CSB)

MEDITATION: If we live by the Spirit, let us also keep in step with the Spirit. Life and leadership are measured in steps, not leaps—responsive obedience as He leads.

CHALLENGE: Hurry and distraction make attentiveness difficult. We drift into autopilot instead of companionship with the Spirit.

APPLY: Set two ‘step with the Spirit’ pauses today to listen and respond.

PRAYER: Holy Spirit, slow me to Your pace. Help me notice and follow Your lead. Prepare me to gather with Your people this Sunday to be re-strengthened by Your power. Amen.



WEEK 7

SEALED AND KEPT - DO NOT GRIEVE THE SPIRIT

EPHESIANS 1:13-14; 4:30

MONDAY, MAY 25, 2026

SCRIPTURE: EPHESIANS 1:13

"In him you also were sealed with the promised Holy Spirit when you heard the word of truth, the gospel of your salvation, and when you believed." (CSB)

MEDITATION: Having heard and believed the gospel, we were sealed with the promised Holy Spirit. God's mark of ownership and protection rests on us.

CHALLENGE: Insecurity makes us chase approval. We forget the Father's seal and live as spiritual orphans.

APPLY: When insecurity speaks today, answer: 'I am sealed in Christ by the Spirit.'

PRAYER: Father, thank You for sealing me with Your Spirit. Settle my heart in Your ownership and care. Let assurance shape my words and work today. Amen.

TUESDAY, MAY 26, 2026

SCRIPTURE: EPHESIANS 1:14

“The Holy Spirit is the down payment of our inheritance, until the redemption of the possession, to the praise of his glory.” (CSB)

MEDITATION: The Spirit is the guarantee—the down payment—of our inheritance until we acquire possession of it. Our future is not fragile.

CHALLENGE: We live short-sighted, swayed by headlines and pressures. Anxiety eclipses hope.

APPLY: Name one fear about the future; place it under the Spirit’s guarantee in prayer.

PRAYER: God of hope, thank You for the Spirit as my pledge of glory. Lift my eyes to the inheritance kept for me and steady my heart in present storms. Amen.

WEDNESDAY, MAY 27,
2026

**SCRIPTURE:
EPHESIANS 4:30**

“And don’t grieve God’s Holy Spirit. You were sealed by him for the day of redemption.” (CSB)

MEDITATION: Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Our relationships can either please or grieve Him.

CHALLENGE: Online outrage and harsh speech normalize relational sin—bitterness, slander, contempt—which wounds community and grieves the Spirit.

APPLY: Before you speak or post, pray: ‘Spirit, help me honor You with my words!’

PRAYER: Holy Spirit, sensitize my heart to what grieves You. Cleanse my speech, remove bitterness, and make me an agent of kindness and forgiveness. Amen.

THURSDAY, MAY 28,
2026

**SCRIPTURE: 2 CORINTHIANS
1:21–22**

“Now it is God who strengthens us together with you in Christ, and who has anointed us. He has also put his seal on us and given us the Spirit in our hearts as a down payment.” (CSB)

MEDITATION: God establishes us in Christ, anoints us, and has put His seal on us, giving us His Spirit in our hearts as a guarantee. Our standing is God-secured.

CHALLENGE: Performance culture makes identity feel fragile—one mistake from collapse. The gospel anchors us in God’s work, not ours.

APPLY: Begin one task today with this confession: ‘God has established me in Christ.’

PRAYER: Faithful God, thank You for establishing and anointing me. Let Your Spirit’s seal and guarantee quiet my striving and empower faithful service. Amen.

FRIDAY, MAY 29, 2026

SCRIPTURE: EPHESIANS 4:31–32

“Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.” (CSB)

MEDITATION: Put away bitterness, wrath, anger, clamor, slander, and malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

CHALLENGE: Hurt and offense are inevitable; forgiveness is costly. Without the Spirit, cycles of resentment harden us and fracture unity.

APPLY: Take one tangible step toward reconciliation—send a note, pray blessing, or begin a conversation.

PRAYER: Father, as You forgave me in Christ, empower me to forgive. Spirit, heal wounds, restore unity, and ready my heart to gather with the church and be re-strengthened by Your presence this Sunday. Amen.



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