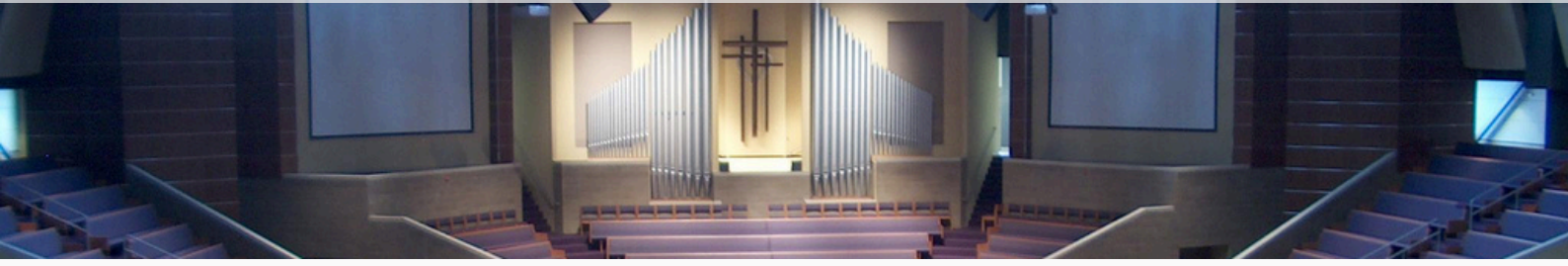


COME HOME TO FAMILY

A Communication from the Tabernacle Missionary Baptist Church



T.A.B. DAILY DEVOTION

T O T A L L Y A B S O L U T E L Y B I B L I C A L

“Pray About It Don’t Worry About It”

Philippians 4:6–7, NJKV

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DAY 1

Choosing Prayer Over Worry **Philippians 4:6-7**

Devotional:

In our fast-paced world, worry often becomes our default response to life's challenges. Yet, Paul exhorts us to "be anxious for nothing." This isn't a call to ignore our problems, but rather an invitation to shift our focus. Instead of allowing worry to choke our faith, we're encouraged to turn to prayer. When we choose to pray about everything, we're actively placing our trust in God. Reflect on areas in your life where worry has taken root. How might intentionally turning these concerns into prayers change your perspective? Remember, God inclines His ear to hear you. He's not distant, but intimately involved in every detail of your life.

Application:

Today, practice replacing each worried thought with a prayer, trusting that the God who loves you is listening and working on your behalf.



DAY 2

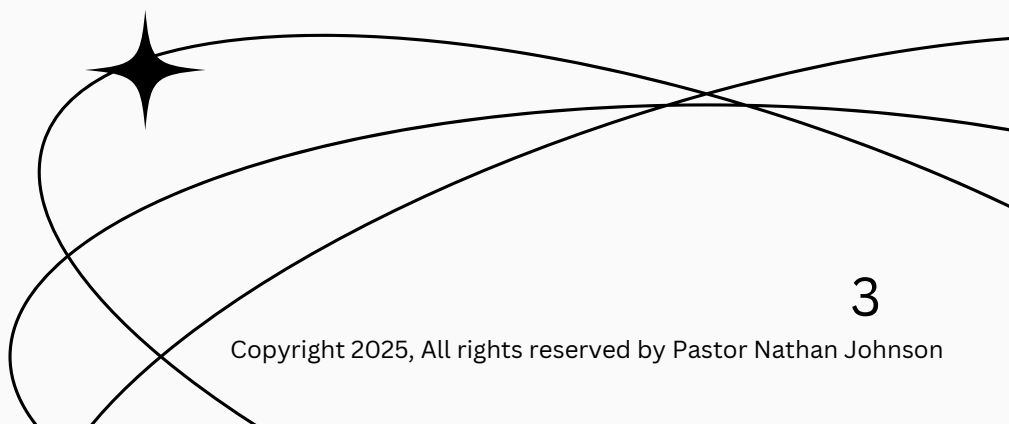
The Peace That Surpasses Understanding **John 14:27**

Devotional:

Jesus promises a peace that the world cannot give - a peace that surpasses all understanding. This isn't just an absence of conflict, but a deep, abiding sense of wholeness and security rooted in Christ. In the sermon, we heard about "holy quietness," "consecrated calmness," and "sanctified settledness." These beautiful phrases paint a picture of the profound peace available to us in Christ. Even in the midst of turmoil, this peace can guard our hearts and minds.

Application:

Today, meditate on times when you've experienced this supernatural peace. How did it differ from worldly comfort or temporary relief? Ask God to deepen your experience of His peace, especially in areas where you feel unsettled or anxious.





DAY 3

Focusing on God's Character **Psalms 46:1-3, 10-11**

Devotional:

When we turn our focus to God, we're reminded of who He truly is - all-powerful, all-knowing, and ever-present. The psalmist declares God as our refuge and strength, an ever-present help in trouble. This shift in focus from our problems to God's character can radically transform our outlook.

Application:

Today, spend time reflecting on God's attributes. He is bigger than your worries, knows all that you don't, and can do what seems impossible to you. How does meditating on these truths change your approach to current challenges? Practice being still and knowing that He is God. Allow His majesty and power to put your concerns into perspective.



DAY 4

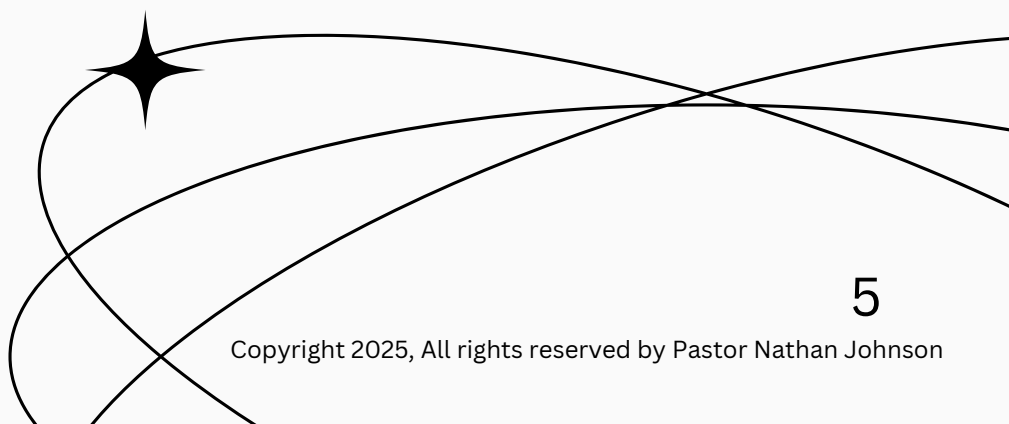
Gratitude in All Circumstances **1 Thessalonians 5:16-18**

Devotional:

Paul encourages us to pray with thanksgiving. Gratitude isn't just for the good times; it's a powerful spiritual practice in all circumstances. When we choose thankfulness, we acknowledge God's faithfulness in our past, which builds our faith for the present and future.

Application:

Take time today to "flip the pages of your life back" and recall specific instances of God's deliverance, provision, and grace. How might cultivating a habit of thanksgiving change your daily outlook? Challenge yourself to find reasons for gratitude even in difficult situations, trusting that the God who was faithful before will be faithful again.





DAY 5

Finding True Peace in Christ **Romans 5:1-5**

Devotional:

The sermon emphasized that true peace is found only in Christ Jesus. It's not in external circumstances, substances, or relationships, but in a person - the Prince of Peace Himself. This peace isn't just a feeling, but a state of being reconciled to God through faith in Christ. It's a peace that can withstand trials and even grow stronger through them.

Application:

Reflect on your own journey with Christ. How has knowing Him brought peace into your life? If you're struggling to experience this peace, consider what might be hindering your connection with Jesus. Remember, He is the "procurer of peace" and the "perfecter of peace." Draw near to Him today, bringing all your burdens and finding rest for your soul in His presence.