



WEEK 1 DEVOTIONAL

IT'S OK TO NOT BE OK

RECEIVE

Read the passages on the following page: **Psalm 6:2–10; Genesis 16:7–14** and **John 16:16–33**. Read these passages slowly, thoughtfully, prayerfully. Read in such a way that you imagine the Holy Spirit is trying to speak to you. As you read the passage, journal words or phrases that stands out to you.

REFLECT

1. Psalm 6 is a lament. How do you feel about talking to God in this way? Why do you think that is?
2. Honesty is imperative for our relationship with God. What do you think gets in the way? Share or journal about what comes up. What do you see that looks like this in your experience?
3. In Genesis 16 we find a fearful and rejected Hagar. She was forced to flee her longtime home. But she was not alone—she was seen by God. How does this passage speak to you today? What do you relate to in this story? What circumstance do you want God to see today? Can you journal a prayer or even a lament to the God who sees you in the midst of your pain and loneliness?
4. John 16:33 is a statement of comfort and assurance from Jesus to the disciples. Read John 16:16-33 to get the fuller emotionally filled context.

What does this say to you as you consider it? What sorrow or trouble do you see today? True, we do have trouble and we should not hide from it or minimize it. How do you respond to this passage?

5. Surrender can be defined as...

- Learning to know our limitations.
- Letting go of the need to control.
- Resting that it's ok to not be ok.
- And looking to the God who sees, knows and loves.

6. Which way of surrender comes easiest to you? Which causes you the most tension? Why?

7. Journal through how this view of what it means to surrender can help you this next week.

RESPOND

8. With topics such as this it's good to pause and reflect on what is stirring in your heart and mind. Just as we guided at the end of the service take a few moments to reflect on the formational points from today's passages use the following prompt to reflect and respond:

God I feel _____ about _____ because _____.

RESOURCES

For this series we have given you a [downloadable bookmark](#) with a breath prayer on it. A breath prayer is meant to work with your breathing. Meaning as you inhale you pray the first part invoking God's presence through one of God's names. Then as you exhale, you voice a deep desire of your heart. Use this breath prayer through this series to calm and center you when you need a lifeline. Try it now.

Breathe in praying...**God of Peace**

Breathe out praying...**Replace my weariness with hope**

Psalm 6:2–10 | New International Version

- ² Have mercy on me, Lord, for I am faint;
heal me, Lord, for my bones are in agony.
- ³ My soul is in deep anguish.
How long, Lord, how long?
- ⁴ Turn, Lord, and deliver me;
save me because of your unfailing love.
- ⁵ Among the dead no one proclaims your name.
Who praises you from the grave?
- ⁶ I am worn out from my groaning.
All night long I flood my bed with weeping
and drench my couch with tears.
- ⁷ My eyes grow weak with sorrow;
they fail because of all my foes.
- ⁸ Away from me, all you who do evil,
for the Lord has heard my weeping.
- ⁹ The Lord has heard my cry for mercy;
the Lord accepts my prayer.
- ¹⁰ All my enemies will be overwhelmed with shame and anguish;
they will turn back and suddenly be put to shame.

⁷ The angel of the Lord found her by a spring of water in the wilderness, the spring on the way to Shur. ⁸ And he said, "Hagar, servant of Sarai, where have you come from and where are you going?" She said, "I am fleeing from my mistress Sarai." ⁹ The angel of the Lord said to her, "Return to your mistress and submit to her." ¹⁰ The angel of the Lord also said to her, "I will surely multiply your offspring so that they cannot be numbered for multitude." ¹¹ And the angel of the Lord said to her, "Behold, you are pregnant and shall bear a son. You shall call his name Ishmael, because the Lord has listened to your affliction." ¹³ So she called the name of the Lord who spoke to her, "You are a God of seeing," for she said, "Truly here I have seen him who looks after me." ¹⁴ Therefore the well was called Beer-lahai-roi [Beer-lahai-roi means the well of the Living One who sees me]; it lies between Kadesh and Bered Beer-lahai-roi.

John 16:16–33 | English Standard Version

¹⁶ "A little while, and you will see me no longer; and again a little while, and you will see me." ¹⁷ So some of his disciples said to one another, "What is this that he says to us, 'A little while, and you will not see me, and again a little while, and you will see me'; and, 'because I am going to the Father'?" ¹⁸ So they were saying, "What does he mean by 'a little while'? We do not know what he is talking about." ¹⁹ Jesus knew that they wanted to ask him, so he said to them, "Is this what you are asking yourselves, what I meant by saying, 'A little while and you will not see me, and again a little while and you will see me'?" ²⁰ Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy. ²¹ When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world. ²² So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you. ²³ In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. ²⁴ Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

²⁵ "I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures of speech but will tell you plainly about the Father. ²⁶ In that day you will ask in my name, and I do not say to you that I will ask the Father on your behalf; ²⁷ for the Father himself loves you, because you have loved me and have believed that I came from God. ²⁸ I came from the

Father and have come into the world, and now I am leaving the world and going to the Father.”

²⁹ His disciples said, “Ah, now you are speaking plainly and not using figurative speech! ³⁰ Now we know that you know all things and do not need anyone to question you; this is why we believe that you came from God.” ³¹ Jesus answered them, “Do you now believe? ³² Behold, the hour is coming, indeed it has come, when you will be scattered, each to his own home, and will leave me alone. Yet I am not alone, for the Father is with me. ³³ I have said these things to you, that in me you may have peace. In the world you will have tribulation. (trouble) But take heart; I have overcome the world.”



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