

THE ALTOGETHER CHRISTIAN

MIND * STRENGTH

7-Day Devotional: Give God Your Heart

Weekly Prayer: God of life, you created me, know me, and love me. Meet me in the places I hide and the things for which I hunger. By your grace, transform my whole self. Teach me to find my life in you and become the person you created me to be. Amen.

Day 1 : A Living Soul

Genesis 2:4–9

Reflection: Genesis says God formed humanity from the earth, breathed life into us, and we became living beings—*nephesh*. We don't simply have souls tucked inside our bodies. We are whole, embodied, God-breathed people whose lives are gifts from God.

Question: How would I live differently if I received my whole life as a gift from God?

Action: Thank God specifically for three parts of who you are.

Go Deeper

Day 2: What Am I Hungry For?

Psalm 84:1–4 **Reflection:** “My

soul longs, indeed it faints” for God. We often interpret restlessness as a signal that we need something more. More success, possessions, experiences, or recognition. But what if some of our restlessness is actually spiritual hunger?

Question: What have I been expecting to satisfy me that cannot carry that weight?

Action: When you notice yourself wanting something today, pause and ask, “What am I really hungry for?”

Day 3: Known Completely

Psalm 139:1–6, 13–18

Reflection: God knows the person we actually are—not merely the person we present to others. Our strengths, weaknesses, gifts, fears, successes, and failures are already known. We don't have to hide from the One who created us. **Question:** What part of myself do I have the most difficulty allowing God to see and love?

Action: Tell God honestly about one part of yourself you normally hide.

Day 4: Altogether Me

Mark 12:28–31

Reflection: Jesus says to love God with all our soul. God isn't asking only for our Sunday self, successful self, or put-together self. God invites the whole person into relationship.

Question: What part of myself am I tempted to keep separate from my relationship with God?

Action: Open your hands and pray, “Jesus, I bring you altogether me.”

Day 5: Loved and Being Changed

Romans 12:1–2

Reflection: Loving ourselves doesn't mean believing nothing about us needs to change. Sanctifying grace allows us to love the people God created while allowing God to transform the people we are becoming.

Question: Can I tell the truth about myself without either condemning or excusing myself?

Action: Identify one weakness. Instead of criticizing yourself, ask God how grace might transform it.

Day 6: Losing and Finding

Matthew 16:24–26

Reflection: Jesus offers a strange promise: we discover life by surrendering it. We spend enormous energy constructing, protecting, and proving ourselves. Jesus invites us to entrust our identity to him.

Question: What am I using to prove who I am or establish my worth?

Action: Release one measure of your worth today and remember instead: “My life belongs to Christ.”

Day 7: Who Am I Becoming?

2 Corinthians 5:14–17

Reflection: An Altogether Christian isn't someone who has everything together. It is someone increasingly bringing their whole self into God's transforming love. Grace meets us as we are and continues forming us into the likeness of Christ.

Question: Who is God calling me to BE? Where is God calling me to GO? What is God calling me to GIVE?

Action: Pray slowly: “Here I am, Jesus. Altogether me. Make me who you created me to be.”