

DEVOTIONAL

COME AS YOU ARE MEETING GOD IN THE MESS

A 7-Day Devotional for When You Feel Unworthy,
Tired, or Spiritually Distant.

Purpose[†]
OVER PRETTY

THE INVITATION

"Come to me, all you who labor and are heavily burdened, and I will give you rest."

— Matthew 11:28

DEVOTIONAL: _____

There's something powerful about what Jesus says here: "Come to me." Not after you've cleaned yourself up. Not once you've got it all figured out. **Right now.** As you are!

Sometimes we believe the lie that we have to be polished, prayerful, or put together before we can approach God, but He doesn't stand at a distance, waiting for perfection! He walks right into the middle of our mess, pain, and questions; and extends an invitation that doesn't come with conditions.

This isn't a call to perform, it's a call to rest!

Whether you're tired from pretending, carrying shame you were never meant to hold, or just feeling like you don't belong in a "holy" space, this is for you. You are **not** disqualified and you do not have to work your way back into His presence. He's already holding the door open.

Come as you are. He's not going anywhere.

REFLECTION QUESTIONS: _____

1. What part of you have you been hiding from God?
2. How does it feel to know He invites you before you're "ready"?
3. What would it look like to simply rest in His presence today? No striving, just showing up?

WORN OUT & STILL WANTED

"He gives power to the weak. He increases the strength of him who has no might."

— Isaiah 40:29

DEVOTIONAL: _____

Weariness doesn't always show on the outside. You can smile and still feel empty. You can show up and still feel like you're falling apart.

But I want you to know: God isn't only near when you're strong—in fact, He's **especially** close when you feel weak. He doesn't roll His eyes at your exhaustion. He doesn't tell you to get it together on your own. He meets you right where you are in the fatigue, and reminds you: you're His.

When you feel like you have nothing left to give, that doesn't make you less wanted by Him. You are **not** a burden. You are **not** too much. **You are loved**; tired eyes, heavy heart, messy life, and all.

You don't have to recharge before coming to God. Come to Him to recharge!

REFLECTION QUESTIONS: _____

1. Where do you feel most worn down right now? Jot down a prayer asking God to meet you there and strengthen you.
2. What are you trying to carry alone that God wants to help lift?
3. How might you let Him strengthen you today? (Even in small ways)

UNFILTERED PRAYERS

"Pour out your heart before Him. God is a refuge for us."

— Psalm 62:8

DEVOTIONAL: _____

God doesn't need you to sound poetic. He doesn't need long prayers or perfect words. He just wants the real you—even if it's messy, angry, confused, or broken.

You don't need to censor your pain with Him. You don't need to pretend you're okay when you're not. He already knows what you're going through, and still wants you to tell Him **everything**. He wants to hear from your heart. Unfiltered prayer is where healing begins. It's where we stop performing and start being.

Some days, "God, I'm struggling" is the most honest and holy prayer you can offer; and guess what? That's enough!

REFLECTION QUESTIONS: _____

1. What would an unfiltered prayer sound like for you today?
2. Why do you think it's hard to be completely honest with God sometimes?
3. Spend a few moments journaling a raw, unfiltered prayer; no edits, no pressure.

GRACE FOR THE GUILT-RIDDEN

"There is therefore now no condemnation to those who are in Christ Jesus"

— Romans 8:1

DEVOTIONAL: _____

Guilt is heavy and often lingers. Your shame tells you to hide as it replays your mistakes and whispers, "You should've known better." But the grace that pours out from Jesus Christ tells you to release that burden and come out of hiding.

If you've been living under the weight of regret, hear this: You are **not** beyond forgiveness. You are **not** too stained for God's mercy. Jesus didn't die for the cleaned-up version of you, He died for you **as you are today!**

There is no condemnation in Christ. **None.** Not even a little!

When God looks at you, He doesn't see your failure. He sees your redemption. He sees **His child**.

You can stop beating yourself up—grace already took the blows.

REFLECTION QUESTIONS: _____

1. Is there something you're still holding against yourself? Pour it out here and know that God has already forgiven you.
2. What would it feel like to fully receive His grace?
3. How can you remind yourself today that you're covered by mercy, not condemnation?

PEACE IN THE CHAOS

"You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.."

— Isaiah 26:3

DEVOTIONAL: _____

Chaos doesn't always mean disaster. Sometimes it's just the noise of everyday life: bills, kids, relationships, inner battles, unanswered prayers, or whatever it may be.. Peace can feel impossible in the middle of it all—but peace isn't found in control. It's found in **trust**.

God doesn't promise a life without mess, but He does promises to be present in the middle of it. When your thoughts are spiraling and your chest is tight, He offers more than just relief, **He offers Himself**.

You don't have to wait for life to calm down to experience peace. Let Him meet you in the storm and allow His peace anchor your soul.

REFLECTION QUESTIONS: _____

1. What areas of your life feel especially chaotic right now?
2. How can you choose to trust God in those places, even if nothing changes today?
3. What would it look like to let peace guard your heart in the middle of the noise?

GOD OF THE EVERYDAY MESS

"Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit."

— Psalm 34:18

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God doesn't only show up in worship songs or mountaintop moments. He's just as present in the sink full of dishes, the unanswered text, the late-night cry, and the silence after a prayer.

He is the God of **everything**—including the ordinary moments and the mess within them.

Maybe your faith doesn't feel big today, and maybe your life doesn't feel very 'spiritual'—but that doesn't make it any less sacred. Your tears are seen. Your tired hands are honored. And your sighs are heard.

Holiness doesn't require perfection—it just requires presence. **God is already with you.**

REFLECTION QUESTIONS: _____

1. Where have you been tempted to believe God isn't present?
2. How can you begin to see the sacred in your everyday moments?
3. What ordinary area of your life could become a space for prayer or connection today?

COME AGAIN, ALWAYS

"Let's therefore draw near with boldness to the throne of grace, that we may receive mercy and may find grace for help in time of need."

— Hebrews 4:16

DEVOTIONAL: _____

God's invitation isn't a one-time offer. You don't get just one chance. We all fall short. We all get distracted. You are **not** a burden for needing Him again and He will **never** grow tired of your return.

You're allowed to come again ,and again, and again to His grace! God knows your every flaw and still calls you beloved. He will always welcome you back with open arms!

You don't need a perfect track record to be close to Him. All you need is a **willing heart**. No matter how far you fall from Him, He's still here. His invitation still stands—today, tomorrow, and **always**!

REFLECTION QUESTIONS: _____

1. Have you ever felt like you've 'used up' God's grace?
2. What keeps you from coming back to God over and over?
3. What truth do you need to hold onto from this week of devotionals?