



Be On Guard 5 Day Devotional

Day 1 – Guard the Kingdom

Scripture: Joshua 23:6-13; Luke 21:34-36

Reflection - Our world constantly competes for our attention, pulling our hearts toward comfort, success, and approval. Joshua urged God's people to remain watchful and cling to the Lord. Jesus echoed that same warning, reminding us to stay spiritually alert. The safest place for a believer is close to God, trusting Him above every distraction.

Prayer - Lord, help me seek Your Kingdom above everything else. Keep my heart focused on You and guard me from drifting away.

Challenge - Begin your day with God before reaching for your phone or other distractions.

Day 2 – Guard Your Words

Scripture: James 3:1-12; Psalm 141:3

Reflection - Our words reveal what is happening in our hearts. They can bring healing or cause harm. Rather than relying on self-control alone, invite God to guard your speech. As the Holy Spirit shapes your heart, your words will increasingly reflect the love and grace of Christ.

Prayer - Father, set a guard over my mouth today. Let my words encourage, strengthen, and point others toward You.

Challenge - Before speaking today, ask: *Is it true? Is it loving? Is it necessary?*

Day 3 – Guard Your Heart and Mind

Scripture: Proverbs 4:23; Philippians 4:6-8

Reflection - The world constantly influences how we think, but God calls us to renew our minds with His truth. As we focus on what is true, honorable, and pure, our hearts remain anchored in Christ instead of being controlled by fear or anxiety.

Prayer - Jesus, renew my mind and guard my heart. Help me think about what honors You and trust You with every concern.

Challenge

Replace one anxious thought today with a promise from God's Word.

Day 4 – Practice the Way of Jesus

Scripture: Luke 6:12; Matthew 14:13-14

Reflection - Jesus remained spiritually alert because He regularly practiced prayer, compassion, and wisdom. He sought the Father before serving others and responded with grace even in difficult moments. As we follow His example, we become better prepared to face life's challenges.

Prayer - Lord, shape my daily habits to look more like Yours. Teach me to pray, love others, and respond with wisdom.

Challenge - Spend 15 minutes alone with God today in prayer and quiet reflection.

Day 5 – Seek God Wholeheartedly

Scripture: Isaiah 55:8-9; Jeremiah 29:12-13

Reflection - God's ways are higher than ours, yet He invites us to know Him personally. Staying on guard begins with pursuing God every day. As we seek Him with our whole heart, He strengthens our faith and equips us to live out the gospel.

Prayer - Father, help me seek You above everything else. Draw me closer to You and make my life a reflection of Your love.

Challenge - Pray for an opportunity this week to share Christ's love with someone through your words or actions.

Closing Thought: Being on guard isn't about living in fear—it's about living intentionally. As you guard your heart, mind, words, and walk with Christ, you'll be prepared to faithfully follow Him and shine His light in the world.

"Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love." — 1 Corinthians 16:13-14