

5-Day Bible Reading Plan and Devotional Guide
Message: “I’m Fine – Why We Need Grace Even When Life Is Going Well”

Day 1: The Danger of Saying "I'm Fine"

Reading: Romans 1:18-25

Devotional: Paul describes a subtle yet deadly pattern: suppressing the truth about ourselves and exchanging trust in God for trust in created things. It does not begin with dramatic moral failure. It begins with the quiet, convincing lie that we have everything under control. We build comfortable lives, accumulate good things, and tell ourselves we are fine. But comfort is not the same as wholeness. Beneath the surface, deeper questions wait. Today, resist the urge to say "I'm fine" automatically. Sit with the honest question: what truth have I been avoiding? Honesty before God is not the end of peace. It is where peace begins.

Day 2: The Idols We Do Not Name

Reading: Romans 1:25, Exodus 20:3-5

Devotional: An idol need not be carved from stone. It can be a career that defines your worth, a relationship that determines your security, or a bank account that promises you safety. Paul warns that when we suppress the truth, we redirect our deepest trust from the Creator to created things. These things are not evil in themselves. They become dangerous when we ask them to do what only God can do. What are you trusting most right now to make you feel secure, valued, and at peace? Name it honestly. The first step toward freedom is recognizing what has quietly become your master.

Day 3: Cracks as Invitations

Reading: Psalm 46:1-3, 2 Corinthians 4:7-10

Devotional: Loss, illness, failure, grief -- these are the moments that crack the surface of a carefully managed life. Our instinct is to patch the cracks as quickly as possible and return to normal. But Scripture suggests something different. The psalmist declares that God is a refuge found precisely in the moment of collapse, when the earth gives way and the mountains fall. Paul writes that we carry treasure in fragile clay jars so that God's power,

not our own, shines through. The crack is not the catastrophe. The crack is the invitation. What is breaking open in your life right now that God may be using to reach you?

Day 4: The Freedom of "I'm Not Fine"

Reading: Psalm 32:1-5, Luke 15:17-20

Devotional: Confession is not self-punishment. It is the act of releasing a weight you were never meant to carry alone. The psalmist describes the exhaustion of keeping silent about the truth and the profound relief that comes when that silence finally breaks. In the parable of the prodigal son, the turning point comes when the son "came to himself" -- when he stopped pretending and told himself the truth about his condition. That moment of honesty did not destroy him. It sent him running toward his father. Saying "I'm not fine" is not defeat. It is the bravest, most liberating sentence you may ever speak. It is the beginning of the journey home.

Day 5: The Depths Are Where God Waits

Reading: Psalm 139:7-12, Romans 8:38-39

Devotional: We expend enormous energy staying on the surface because we fear that if we go deep enough, we will find ourselves utterly alone in the dark. But the psalmist discovered something astonishing: there is no depth where God is absent. Even in darkness, God is there. Even in the places we are most ashamed of, most afraid of, and most desperate to hide -- God is already present. Paul declares that nothing in all creation can separate us from the love of God. The depths are not where God abandons us. They are where we finally discover how close God has been all along. Go deep. God is there.