

February 2, 2026

## FREEDOM BEGINS WITH HONESTY

### Scripture

#### Psalm 147:3

*He heals the brokenhearted and binds up their wounds.*

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### Devotional Reflection

Healing does not begin with fixing — it begins with honesty. Many people want freedom without facing what hurts, but God works differently. He does not rush us past pain; He meets us in it. Scripture reminds us that God heals the brokenhearted and binds up their wounds, which means He is not threatened by what is tender, unfinished, or fragile within us.

Often, we learn to survive by avoiding what hurts. We stay busy. We stay strong. We stay quiet. Over time, avoidance feels normal — even wise. But what is avoided is not healed; it is simply relocated. Pain that goes unaddressed settles into reactions, patterns, and emotional distance, quietly shaping how we respond to life and relationships.

Freedom begins when honesty replaces hiding. Not dramatic honesty. Not forced vulnerability. Just truthful acknowledgment before God. Healing starts where truth is allowed to surface, even gently. When we stop pretending and allow ourselves to be seen by God as we truly are, restoration begins to take root.

Honesty does not mean having clarity about everything — it means giving God permission to meet you in what feels unclear. Even naming confusion, resistance, or numbness is an act of trust. God responds not to polished prayers, but to surrendered hearts. When honesty becomes a posture instead of a moment, healing gains room to grow, and freedom begins to unfold.

Today is not about digging up everything. It is about allowing God access to what has been quietly shaping you.

## Focus for Today

### Honest Awareness

#### Practice:

- Notice one emotion you usually avoid
  - Acknowledge it without judgment
  - Invite God into that space without rushing resolution
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### Prayer

“God, help me be honest with You today. I don’t want to hide what You are willing to heal. Meet me where I am and tend to my heart with care. In Jesus’ name, Amen.”

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### Reflection Question

What emotion or experience have I learned to avoid rather than bring to God?