

# JOY COMES IN THE MORNING

## 5 Day Devotional

THIS DEVOTIONAL INVITES YOU TO WALK THROUGH THE TRUTH THAT GOD CAN TURN NIGHT SEASONS INTO MORNING JOY, EVEN WHEN CIRCUMSTANCES HAVEN'T FULLY CHANGED YET. OVER THE NEXT FIVE DAYS, YOU'LL TRACE HOW GOD'S DISCIPLINE, PRESENCE, AND PURPOSES CREATE A STEADY CONFIDENCE THAT LEADS TO WORSHIP AND RENEWED STRENGTH.

## **Preface: A Journey Beyond Sunday**

*Thank you for choosing to continue the journey beyond Sunday.*

Each week, God speaks to our church through the preached Word, and often what is planted in a single sermon is meant to grow through daily reflection, prayer, and obedience. This 5-day devotional has been prayerfully created from Pastor Phillip Polk's most recent Sunday message to help you revisit, reflect, and respond to what God is saying in this season.

Our hope is that this devotional serves as more than a reading plan—it is a tool for spiritual growth. These daily moments are designed to help you slow down, listen closely, and allow the truth of God's Word to take deeper root in your heart and life. As you engage each day, we encourage you to invite the Holy Spirit to reveal how the message applies personally to you and how it might shape your walk with Christ.

This devotional also helps us remain connected as a church family, unified around the vision God has entrusted to Pastor Polk and the direction the Lord is leading our church. While God speaks uniquely to each of us, there is power in journeying together—anchored in the same Word, moving forward with shared faith and purpose.

As you begin, come with an open heart. Read prayerfully. Reflect honestly. And trust that God is still speaking—guiding, refining, and strengthening you day by day.

May this week draw you closer to Him and deepen your connection to what God is doing among us.



**READ  
PSALM 30:5**

Day 1

**JOY COMES IN THE MORNING**

The promise that “joy comes in the morning” doesn’t deny the reality of the night—it names it. Weeping may endure, and some seasons feel longer than we expected, but they are not endless. The sermon reminded us that celebration is not pretending everything is fine; it’s choosing trust because we know the Problem Solver, even when the problem still exists. Joy in the morning begins when we stop treating God like a genie and start seeing Him as a faithful Father. His anger is “for a moment,” and His favor is “for life,” meaning His heart toward you is committed and long-term. The night may be loud, but it is temporary; God’s favor has the final word over your story.

Today, ask God to reframe your perspective: not “When will this end?” but “Who is with me in it?” Faith doesn’t always change the calendar immediately, but it changes what you carry in your heart as you wait for dawn.

**WHERE ARE YOU CURRENTLY EXPERIENCING A “NIGHT SEASON,” AND WHAT EMOTIONS ARE MOST PRESENT THERE?**

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**WHAT WOULD IT LOOK LIKE TO CHOOSE CELEBRATION TODAY BASED ON WHO GOD IS, NOT WHAT YOU SEE?**

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**WRITE ONE SENTENCE FINISHING THIS THOUGHT: “EVEN IF MY SITUATION DOESN’T CHANGE TODAY, I CAN REJOICE BECAUSE...”**

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**WHAT IS ONE WAY YOU’VE BEEN TEMPTED TO TREAT GOD LIKE A “GENIE,” AND HOW CAN YOU SHIFT INTO TRUSTING HIM AS FATHER?**

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**NAME ONE SPECIFIC “MORNING” YOU ARE ASKING GOD FOR, AND PRAY FOR STRENGTH TO ENDURE THE NIGHT WITH HOPE.**

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**READ  
HEBREWS 12:5-6**

*Day 2*

**JOY COMES IN THE MORNING**

God's discipline can feel confusing when we're already weary, but Hebrews teaches that discipline is not rejection—it's love. The sermon acknowledged something many believers avoid: the Lord corrects, trains, and sometimes deeply confronts us, not to harm us but to heal and mature us. If God is addressing something in you, it's evidence that you belong to Him. Discipline is often God's mercy in motion. He may be turning you away from a path that would destroy you, or shaping your character so you can carry what you've prayed for. The "night" may include hard adjustments, uncomfortable truths, and surrendered plans, but God's aim is restoration and life.

Instead of asking only for relief, ask for responsiveness. When correction comes, it can become the doorway to deeper joy—because a cleansed, aligned heart is a heart that can truly celebrate. The morning joy God brings is not just changed circumstances; it's changed people.

**WHEN YOU HEAR THE WORD "DISCIPLINE," WHAT DO YOU INSTINCTIVELY ASSUME ABOUT GOD'S HEART TOWARD YOU?**

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**IS THERE AN AREA WHERE YOU SENSE GOD CORRECTING OR REDIRECTING YOU RIGHT NOW? BE SPECIFIC.**

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**WHAT MIGHT GOD BE PROTECTING YOU FROM BY SAYING "NO," "WAIT," OR "NOT THAT WAY"?**

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**HOW COULD YOU RESPOND TO GOD'S CORRECTION THIS WEEK IN ONE CONCRETE ACT OF OBEDIENCE?**

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**PRAY: "FATHER, HELP ME RECEIVE YOUR DISCIPLINE AS LOVE AND LET IT PRODUCE RIGHTEOUSNESS IN ME."**

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**READ  
PSALM 56:8**

*Day 3*

**JOY COMES IN THE MORNING**

In the night seasons, it can feel like your pain is unnoticed or wasted. Psalm 56 offers a stunning picture: God sees every wandering step and gathers every tear. The sermon's message of joy is not a command to ignore grief; it's permission to believe your grief is fully seen by the Lord who cares more deeply than anyone else can.

God's attention to your tears means your suffering is not random. Even when you can't explain why the trial is happening, you can be sure it is not invisible. The cross proves God is not distant from human pain, and His resurrection proves pain is not the end of the story. When you know your tears matter to God, you can hold sorrow and hope at the same time. That's where mature joy grows: not in denial, but in communion with the One who keeps you, counts your losses, and promises a morning that will come.

**WHAT IS ONE SORROW YOU'VE MINIMIZED OR HIDDEN THAT GOD IS INVITING YOU TO BRING INTO THE LIGHT?**

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**HOW DOES IT CHANGE YOUR OUTLOOK TO BELIEVE GOD "RECORDS" YOUR TEARS AND PAYS ATTENTION TO YOUR STEPS?**

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**WHAT WOULD HONEST PRAYER SOUND LIKE FROM YOU TODAY—WITHOUT EDITING OR PRETENDING?**

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**WHO IS A TRUSTED PERSON YOU COULD ASK TO PRAY WITH YOU THROUGH YOUR CURRENT STRUGGLE?**

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**WRITE DOWN ONE EVIDENCE (PAST OR PRESENT) THAT GOD HAS BEEN FAITHFUL TO YOU IN PAINFUL SEASONS.**

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**READ  
NEHEMIAH 6:15-16**

Day 4

**JOY COMES IN THE MORNING**

Nehemiah’s story shows that God doesn’t just comfort His people—He strengthens them to rebuild. The sermon highlighted how Nehemiah received provision and encouragement, then rallied others to do the work. The wall was rebuilt in the face of opposition, and the outcome made even the enemies recognize that God was at work.

Rebuilding is often the “morning” after a long night: not a sudden erasing of the past, but a God-empowered restoration of what was broken. Opposition, fatigue, and criticism are real, yet they don’t get the final say. When God calls you to rebuild, He also supplies what you need—wisdom, people, resources, and perseverance.

This is where celebration becomes defiant faith. You keep building because God is in it, and you refuse to be silenced by setbacks. Your obedience becomes a witness: not that life is easy, but that God is faithful and His purpose cannot be stopped.

**WHAT IS ONE “WALL” IN YOUR LIFE THAT NEEDS REBUILDING (FAITH, FAMILY, INTEGRITY, HABITS, HOPE, RELATIONSHIPS)?**

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**WHAT OPPOSITION OR DISCOURAGEMENT HAS TRIED TO STOP YOUR PROGRESS, AND HOW HAVE YOU RESPONDED SO FAR?**

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**LIST ONE RESOURCE GOD HAS ALREADY PROVIDED THAT YOU MAY BE OVERLOOKING (A PERSON, A SKILL, A LESSON, AN OPEN DOOR).**

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**WHAT IS ONE SMALL REBUILDING STEP YOU CAN TAKE IN THE NEXT 24 HOURS?**

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**PRAY FOR PERSEVERANCE: “LORD, STRENGTHEN MY HANDS FOR THE WORK YOU’VE GIVEN ME.”**

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**READ  
NEHEMIAH 8:9-10**

Day 5

**JOY COMES IN THE MORNING**

After the rebuilding, God’s people faced the weight of conviction and emotion, yet they were called into a holy kind of celebration. Nehemiah told them not to grieve as though hope was lost, because God’s joy would become their strength. The sermon reframed celebration as confidence in God’s character—rejoicing not because every problem is solved, but because we know the One who saves, heals, and carries us.

The “joy of the Lord” is not shallow happiness; it’s strength that comes from belonging to God, being forgiven, and being sustained. It empowers you to keep showing up, keep worshiping, keep obeying, and keep thanking God “forever and forever,” even when life has twists and turns. Joy becomes a spiritual muscle that lifts what sorrow alone cannot lift.

Today’s invitation is to practice celebratory faith: receive God’s comfort, accept His provision, and choose gratitude that refuses silence. Morning joy is not merely an emotion you stumble upon—it’s a response you cultivate as you anchor your life in the Lord who makes all things work together for good.

**WHAT IS THE DIFFERENCE BETWEEN TEMPORARY HAPPINESS AND “THE JOY OF THE LORD” IN YOUR OWN WORDS?**

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**WHERE DO YOU NEED STRENGTH RIGHT NOW THAT ONLY GOD’S JOY CAN SUPPLY?**

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**WHAT IS ONE WAY YOU CAN PRACTICE GRATITUDE TODAY WITHOUT DENYING YOUR REAL STRUGGLES?**

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**WHO COULD YOU ENCOURAGE THIS WEEK WITH THE MESSAGE THAT JOY IS COMING AND GOD IS FAITHFUL?**

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**CHOOSE ONE PHRASE TO CARRY TODAY (WRITE IT DOWN AND REVISIT IT): “I WILL NOT BE SILENT,” “JOY COMES IN THE MORNING,” OR “THE JOY OF THE LORD IS MY STRENGTH.”**

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