

February 4, 2026

## COPING IS NOT THE SAME AS HEALING

### Scripture

#### 2 Corinthians 3:17

*“Where the Spirit of the Lord is, there is freedom.”*

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### Devotional Reflection

Many believers become highly skilled at coping. We learn how to function, explain, analyze, and endure. Coping helps us survive seasons of difficulty, but survival is not the same as freedom. While coping may keep us moving, it does not heal what is broken beneath the surface. Healing requires God’s presence — not just personal strength or emotional management.

Coping often keeps pain contained, but healing allows it to be transformed. Scripture reminds us that where the Spirit of the Lord is, there is freedom. The Spirit moves where He is invited, not where He is controlled. God does not shame coping mechanisms; He understands why they formed. But He lovingly offers something deeper than survival — restoration.

What we manage ourselves, we often stop surrendering. Over time, coping can quietly replace dependence on God. We learn how to “handle it,” even while carrying unhealed weight. Yet the very place we have learned to manage may be the place God desires to heal most deeply. Healing begins when we loosen our grip and allow God access beyond surface-level control.

Coping often feels responsible because it keeps life moving forward, but healing requires stopping long enough for God to work beneath the surface. The Spirit does not compete with our coping strategies — He patiently waits for invitation. Freedom grows when control loosens and trust deepens. It grows when dependence shifts from self to God. In that surrender, pain is no longer merely endured — it is transformed.

## Focus for Today

### Inviting God Beyond Coping

#### Practice:

- Notice where you rely on self-management
  - Invite God into that space intentionally
  - Choose surrender over control
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## Prayer

“Holy Spirit, I invite You into the places I’ve learned to manage on my own. Bring freedom where I’ve only learned to cope. In Jesus’ name, Amen.”

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## Reflection Question

Where have I been managing pain instead of surrendering it?