



5 Day Devotional

In Scripture, Mary is repeatedly found at the feet of Jesus—listening, grieving, and worshiping. Over the next five days, you'll be invited to follow that same path: learning to come close to Christ in every season of life. As you do, ask the Lord to form in you a heart that consistently returns to His feet.

Day 1

Luke 10:39

Mary's first recorded posture is simple but powerful: she sat at Jesus' feet and heard His word. In a world full of demands and distractions, she chose the "one thing" that could not be taken away—unhurried attention to Christ. Sitting at His feet is not passivity; it is a deliberate decision to prioritize His voice over every competing voice.

This is where the life of faith begins and where it must repeatedly return. Before we try to fix, serve, strive, or prove anything, Jesus invites us to listen. When we

sit at His feet, our identity is anchored, our motives are purified, and our service becomes an overflow of fellowship rather than an attempt to earn His approval.

- What distractions most often pull you away from listening to Jesus, and what boundary could you set today?
- When you pray, do you rush to talk, or do you make space to hear from God through His Word?
- Choose a short Gospel passage to read slowly today; what do you sense Jesus emphasizing to you?
- In what area of your life are you tempted to measure your worth by productivity rather than presence with Christ?
- Set aside a specific 10–15 minute time today to sit quietly with Scripture and ask, “Lord, what are You saying to me?”

Day 2

John 11:32

Later, Mary comes to Jesus with heartbreak: she falls at His feet and says, “Lord, if You had been here...” Her words are honest, and her posture shows surrender. The feet of Jesus are not only a place for learners; they are a place for mourners—people who bring real disappointment, real questions, and real pain to a real Savior.

Falling at His feet does not mean we have all the answers; it means we trust His heart when we cannot trace His hand. Jesus does not reject Mary’s grief, and He does not shame her for what she feels. He meets her in it, and His presence becomes the turning point—because even when we don’t understand the delay, we can still come close.

- Where are you carrying an “if You had...” sentence toward God, and can you bring it honestly to Him in prayer?
- What would it look like to surrender your timeline to Jesus without denying your pain?
- Who could you invite to pray with you as you process grief, disappointment, or unanswered questions?
- How has God met you in suffering before, and what does that remind you about His character now?
- Kneel (if you are able) and tell Jesus plainly what hurts, then ask Him to help you trust Him with what you can’t control.

Day 3

Psalm 46:10

There are moments when the most faithful thing you can do is not to explain, fix, or fight—but to be still before God. After sitting to learn and falling in grief, we also need the quiet strength of waiting at His feet. Stillness is not spiritual laziness; it is active trust that God is God, even when your heart is loud and your circumstances are unsettled.

Being still creates space for the Lord to steady your emotions, clarify your next step, and renew your confidence in His presence. At the feet of Jesus, anxiety begins to loosen its grip because you are reminded that your life is held by Someone wiser and stronger than you. Stillness trains your soul to rest in God's sovereignty, not your own ability to manage outcomes.

- What situation is currently making your mind race, and what would it mean to bring it into God's stillness today?
- Which habit fuels your anxiety (constant news, endless scrolling, overworking), and what can you reduce for one day?
- Write a one-sentence declaration of trust (e.g., "God is with me and will lead me") and repeat it when you feel pressure rise.
- How might stillness be an act of obedience for you right now, not just a self-care practice?
- Take five minutes today to sit quietly, breathe slowly, and pray, "Lord, I trust You to be God over this."

Day 4

John 12:3

In John 12, Mary returns to the feet of Jesus again—this time with costly worship. She pours out spikenard, an extravagant gift, and the fragrance fills the house. Worship at the feet of Jesus is more than words; it is a life poured out in love, gratitude, and wholehearted surrender. True worship is willing to look wasteful to others because it is focused on Jesus alone.

Mary's worship also shows that devotion always has a cost. She offered something valuable, and she offered it without calculating how it might be judged. When we bring our best to Christ—our time, resources, reputation, and plans—our lives begin to carry the "fragrance" of faith. The aroma is not for performance; it is the evidence of nearness to Jesus.

- What is one "costly" thing you could offer Jesus this week—time, attention, generosity, or obedience?

- Do you hold back in worship because of fear of people's opinions? What would change if Jesus were your only audience?
- Where might God be inviting you to pour out gratitude instead of clinging to control?
- What practical act of worship (giving, serving, forgiving, praying) could you do today as an offering to Christ?
- Ask the Lord to make your life a "fragrance" of Christ; what one step of surrender comes to mind first?

Day 5

Philippians 2:10-11

Ultimately, the feet of Jesus point us to His lordship. Scripture says every knee will bow and every tongue will confess that Jesus Christ is Lord. The daily practice of coming to His feet—listening, lamenting, waiting, and worshiping—is training for a lifetime of surrender and an eternity of praise. What we do willingly now shapes who we become and strengthens our faith for whatever comes next.

Bowing before Jesus is not defeat; it is freedom. When He is Lord, you no longer have to carry the weight of being your own savior. You can confess what is true: He reigns, He is near, and He is worthy. Make it your aim to return to His feet again and again—because that is where faith becomes steady, love becomes real, and life becomes rightly ordered.

- In what area of your life do you resist Jesus' lordship—finances, relationships, habits, or future plans?
- What is one confession you need to make today: a sin to repent of, a fear to release, or a truth to declare?
- How has this week's journey (listening, grieving, stillness, worship) reshaped the way you approach Jesus?
- What would it look like to build a consistent rhythm of returning to Jesus' feet beyond these five days?
- Pray, "Jesus, You are Lord," and name one specific decision you will submit to Him today.

