

March 31, 2026

Emotion vs Transformation

March Series: Living The Change

Week Focus: Don't Miss Your Moment

Scripture- Matthew 21:9

The crowds that went ahead of him and those that followed shouted, "Hosanna to the Son of David!" "Blessed is he who comes in the name of the Lord!" "Hosanna in the highest heaven!"

Devotional Reflection

It is possible to feel something deeply and still not be changed by it. The crowd on Palm Sunday was full of emotion—celebration, excitement, expectation. They were shouting, praising, and expressing their enthusiasm. Yet, many of them did not truly understand who Jesus was or what He came to do. Their emotion was real, but it was not rooted in transformation.

Emotion can create a moment, but it cannot sustain a life. Feelings are powerful, but they are temporary. If they are not connected to truth, they fade without producing change. That is why transformation requires more than what you feel—it requires a shift in how you think.

A renewed mind anchors emotion in truth. It allows what you feel to be processed correctly and applied consistently. Instead of chasing emotional highs, you begin to pursue lasting change. Your focus shifts from experience to alignment, from excitement to obedience.

God is not against emotional moments—He often uses them. But He never intends for them to be the end. They are meant to lead you into something deeper. They are invitations into transformation, not substitutes for it.

Today, evaluate your response to God. Are you only feeling something, or are you becoming something? Let what you experience lead to real change. Emotion may start the moment, but transformation sustains the life.

Focus for Today

I will move from emotion to transformation.

Practice

- Reflect on a recent moment where you felt God
 - Identify one way your thinking should change because of it
 - Act on that change today
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Prayer

Lord, don't let me stop at emotion—lead me into transformation. In Jesus name, Amen.

Reflection Question

Am I feeling God... or following Him?