



5 DAY DEVOTIONAL

*A refreshing timeout for
each day this week*

FOR BUSY AND BURNED-OUT WOMEN



WELCOME TO THIS 5 DAY DEVOTIONAL!

Women work hard. Women need rest. Women need revival. The WORD has the power to lift you out of any pit or trap that the enemy has laid for you. This devotional is a powerful kickstart to bring you back to your calling and spiritual walk with Jesus.

Enjoy!

Julie

DAY 1 EMBRACE YOUR DIVINE CALLING

Navigating life as a chosen vessel.



ACTS 9:15

“But the Lord said unto him, Go thy way: for he is a chosen vessel unto me, to bear my name before the Gentiles, and kings, and the children of Israel.”

This passage illustrates the encounter of two men on divergent paths. To provide context, Acts 9:1-2 tells us that God chose Ananias to carry out a mission to go to Saul.

"Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem." Acts 9: 1-2

Have you ever felt that God was calling you to do something, but your flesh responds with, "I couldn't have heard that right!" Ananias responded, "But Lord..."

"Lord," Ananias answered, "I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem. And he has come here with authority from the chief priests to arrest all who call on your name....But the Lord said to Ananias, "Go! This man is my chosen vessel to proclaim my name to the Gentiles and their kings and to the people of Israel." Acts 9:13-16

Ananias went!

Being chosen doesn't exempt us from challenges but equips us with strength. Paul's life was marked by trials, yet his commitment exemplifies the transformative power of embracing one's purpose. Ananias was certainly a man of faith and obedience. God said "Go," and he went. Imagine those around Ananias—his wife, children, and friends. His wife, also a chosen vessel, likely thought as he left home, "This will be my last time with my husband," but quickly prayed under her breath, "I trust you, Lord!"

We are vessels uniquely crafted to navigate life, bearing the divine name with courage. Like Paul and Ananias, our call transcends boundaries. We must embrace diversity and face our fears. In doing so, understanding, grace, and courage become integral parts of our journey.

What are you being chosen to do?

chosenvesselministry.com

DAY 2 THE CALL TO DILIGENCE AND GRACE:

Embracing Proverbs 31:27



PROVERBS 31:27

“She watches over the affairs of her household and does not eat the bread of idleness.”

This passage is more than a mere verse; it's a powerful and timeless call to action for Christian women. This verse invites us to consider the true essence of diligence, responsibility, and grace within the sanctity of our homes.

The Proverbs 31 woman exemplifies a life of diligence and purpose. She is not idle; instead, she actively engages in the well-being of her household. This does not mean she is confined to domestic chores alone. Far from it. The virtuous woman is involved in various endeavors-- buying fields, making investments, and extending her hands to the needy. Her industrious spirit is fueled by a heart committed to God's calling.

Have you ever felt overwhelmed by the sheer volume of responsibilities resting on your shoulders? Proverbs 31:27 offers both comfort and challenge. It reminds us that our work, whether inside the home or beyond its walls, is a reflection of our faith and obedience to God. Our diligence is not just about keeping a tidy house; it is about stewarding our lives in a way that honors God.

In today's fast-paced world, where distractions are plentiful and the temptation to succumb to idleness can be strong, this verse calls us back to focus. It's a call to watch over the affairs of our households with intentionality and love. But how do we do this practically?

First, recognize that your primary ministry starts at home. Your home is a sanctuary where the love of Christ should be evident. Second, embrace the value of hard work and reject idleness. Approach your responsibilities with diligence and purpose, finding joy in the mundane tasks. Finally, rely on God's strength. The virtuous woman's diligence is not born out of her own strength but from her trust in the Lord. Proverbs 31:27 challenges us to be diligent stewards, vigilant in our responsibilities, and to carry out our tasks with a heart full of love and purpose. Embrace your role with joy and dedication, knowing that in doing so, you are honoring God and fulfilling His call on your life.

DAY 3

EQUIP ME LORD!

Seeking God's Resources



II TIMOTHY 3:16-17

“All scripture is God-breathed and useful for teaching, rebuking, correcting, and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”

In the midst of life's various trials, seasons, and conflicts, we often find ourselves asking God to change our circumstances, rather than seeking His equipping for what lies ahead. Since June of last year, my family and I have been walking through what King David described in the 23rd psalm "the valley" of death. Two weeks ago we entered the shadow of death.

My 91-year-old mother's health has deteriorated significantly. In seven short months she has suffered 5 strokes, a heart attack, a broken hip, and two major surgeries. Just a year before, she was a vibrant, independent person, driving, living alone, tending to her home and beautiful garden.

This season of caring for her with little break, has proven to be the most challenging of my life. Many times, I've prayed that Jesus would take her home. That He would change her (and my) circumstances. It wasn't a selfish request; I knew our mother wouldn't want to be in her current state. Her independence has faded, and maintaining her dignity is a constant struggle.

I recall a particularly exhausting night when my life (including mom's) seemed to be on hold. I stretched out my arms over her, tearfully begging God to take her home. In essence I was asking Him to change the circumstance. However, through the words of Timothy, God reminds us that His Word is His method. We are called to lean into it. In doing so we may be thoroughly equipped for every good work, He means it! Even in the shadow of death. This is why David declared, "I will fear no evil."

What are you facing today? Instead of asking God to change the circumstance, ask Him to equip you to face the circumstance." You will find blessing there.

DAY 4

GIVE ME REST, LORD.

One Thing is Necessary



MATTHEW 1:28

“Come to me, all you who are weary and burdened, and I will give you rest.”

One of the most powerful lessons in the New Testament takes place in a simple living room in Bethany. The Gospel of Luke tells the story of Mary and Martha, offering not just spiritual insight but also practical guidance for our daily lives.

While Martha was busy ensuring everything was perfect for Jesus, her sister Mary chose a different path. She sat quietly at Jesus' feet, absorbing His words and actions. Overwhelmed and feeling alone in her work, Martha asked Jesus to tell Mary to help her. But Jesus responded unexpectedly, saying, "Martha, Martha, you are worried and troubled about many things, but one thing is needed. Mary has chosen the good part, which will not be taken away from her" (Luke 10:41-42).

This story speaks directly to our modern lives. How often do we become consumed with our endless to-do lists, forgetting what truly brings us joy? Jesus was not rebuking Martha for her service but emphasizing the importance of prioritizing our spiritual well-being. Service is vital and commendable, but it should not overshadow our mental and spiritual health.

Mary's decision to prioritize listening to Jesus highlights the importance of setting aside time to nurture our spiritual lives and connect deeply with God. The lesson here is about finding a balance between our daily responsibilities and our need for spiritual renewal.

Are you facing a similar conflict? Have the demands of life entangled you? Are you worried and troubled? Take a lesson from Mary—just stop, and sit at His feet. Remember Jesus' words: "Come to me, all you who are weary and burdened, and I will give you rest."

DAY 5 OVERCOMING GUILT AND SHAME

Living Through God's Eyes



ROMANS 8:1

Therefore, there is now no condemnation for those who are in Christ Jesus,

Guilt and shame are tools of Satan, meant to keep us from seeing our true worth. When God looks at you, He sees perfection. As David wrote in Psalm 34, "I sought the Lord, and He answered me; He delivered me from all my fears. Those who look to Him are radiant; their faces are never covered with shame."

We often focus on our flaws and shortcomings, but God calls us not to condemn ourselves. Self-condemnation drains our energy, leaving us little strength to do God's work, which is to love. In a world filled with false messages about body image and endless "should's," it's easy to fall into self-condemnation.

Yet, the Apostle Paul reminds us in 2 Corinthians to "take every thought captive." It's a daily battle!

We must replace negative thoughts and energy with God activities. Otherwise the negative will capture you again. The fifth chapter of Galatians tells us what God can do when we open the space of our heart and minds.

"But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely."

Let us produce such fruit. What thought will you take captive and what action will you replace it with today?

TALK TO JULIE



You were meant to do something impactful and significant for the Kingdom of God, but things have come up, like typical life obligations.

It's time to come up higher where God has called you to be. Julie Hirschauer is an experienced coach and mentor who will lead you out of life's entanglements and back on the road to purpose and destiny—right where God planned for you to be. It starts with a call- Learn more about Julie and book a time with her here:



<https://www.chosenvesselministry.com/julie-hirschauer>

