Seven Days of Trust in Christ

An Invitation to Come as You Are



~ A Devotional ~

Psalm 90:17 Studio

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A Note before you begin…

Welcome, friend. Wherever you are today—and whatever has brought you here—you are invited to come just as you are. These seven days are not about having everything figured out. They are a quiet place to meet Jesus, hear His words, and discover the grace, hope, and new life He offers.

As you move through these readings, you will explore who Jesus is, what it means to belong to Him, and how you can trust Him with your past, your needs, your worries, and your future. You do not need polished words or perfect faith. Simply bring your real life to Christ and allow His truth to meet you there.

Each day begins with a Scripture reference, followed by a reflection, a prayer, and a journal prompt. Take your time. If you miss a day, there is no guilt and no need to start over—simply return when you are ready. Scripture is the foundation of every reflection and prayer, because it is there that we learn the heart of God and encounter the good news of Jesus.

A Prayer to Begin

Lord Jesus, I come to You as I am. I may have questions, hurts, regrets, or doubts, but I want to know You. Open my heart to Your Word. Help me understand Your love, receive Your grace, and trust You one step at a time. Lead me into the new life You offer. Amen.

~ DAY 1 ~

Your Identity in Christ

Read Ephesians 1:3–7

Before anyone else named you—or any success, failure, or disappointment tried to define you—God saw you and loved you. Many things may still compete to tell you who you are: your work, your mistakes, the expectations of others, or what you have yet to accomplish. But Ephesians begins with what God has done in Christ. Through Jesus, He offers you forgiveness and welcomes you into His family. You do not earn this place with Him; it is a gift of grace, received through faith.

If you already belong to Christ, a difficult day cannot undo His welcome. If you are still searching, His invitation is open to you now. You can come honestly—with your questions, regrets, and longing—and ask Jesus to show you who He is. Let His grace carry more weight than the labels you place on yourself, and trust that no part of your story is beyond His redeeming love.

A Prayer

Father, thank You for the grace You offer through Jesus. I bring You the labels, failures, and questions I have carried. Help me believe that Your welcome is for me. Lead me to receive Your forgiveness, trust in Christ, and discover the new identity You give to those who belong to You. Amen.

Write in Your Journal

Which labels, failures, or expectations have been shaping the way I see myself? According to Ephesians 1:3–7, what has God done through Jesus? What would it mean for me to receive His forgiveness and welcome today?

~ DAY 2 ~

Hope for the Future

Read Romans 15:13 and 1 Peter 1:3

When today feels uncertain, it can be hard to imagine that anything good lies ahead. Yet Scripture does not ask you to create hope by yourself. It introduces you to the God of hope and points you to the resurrection of Jesus—the sure foundation of a living hope. Because Christ lives, He invites you to trust Him with your future. In Him, forgiveness, new life, and a place with God are offered to you, and no change of plans can take away what He gives.

You may still have unanswered questions about the coming months—or about Jesus Himself. You do not need to hide them or pretend you know how everything will turn out. Bring your uncertainty to Christ and ask Him to meet you there. The Holy Spirit can fill you with hope as you learn to trust, and your next faithful step may be as simple as turning toward Jesus and asking Him to lead you.

A Prayer

God of hope, meet me in the future I cannot see and in the questions I do not yet know how to answer. Thank You for raising Jesus from the dead and offering me living hope through Him. Help me turn toward Christ, receive the life He offers, and trust You with the next step before me. Fill me with Your peace as I learn to believe. Amen.

Write in Your Journal

What fear or uncertainty about the future am I carrying today? What do Romans 15:13 and 1 Peter 1:3 show me about the hope God offers through Jesus? What would it look like for me to place this concern in His hands and take one faithful step toward Him today?

~ DAY 3 ~

Trusting God for Daily Bread

Read Matthew 6:11 and 6:25–34

Jesus invites you to bring your ordinary needs to a caring Father. When He teaches us to pray for daily bread, He makes room for the realities of today: food, work, help, wisdom, and strength. He also points to the birds and flowers as reminders that God sees what He has made and faithfully cares for it. You do not need to prove that your needs are important enough to mention. Through Christ, you can come honestly to God, seek His kingdom, and learn to trust His care one day at a time.

If the word father brings painful memories, distance, or questions, you do not have to ignore them. God is not asking you to pretend that every earthly father reflected His heart. Jesus shows us what God is truly like: compassionate, trustworthy, near to the hurting, and full of grace. You may approach Him slowly and honestly, asking Christ to help you discover a love that does not abandon, shame, or fail you.

You do not have to carry every possible tomorrow at once, and you do not have to face today alone. Tell God what you need, even if prayer is new to you. Ask Jesus to help you trust the Father's care, notice the ordinary ways He provides, and receive support from others without shame. Today's needs are enough for today; when tomorrow comes, you can return to Him again.

A Prayer

Father, You see me and know what I need today. Thank You that Jesus welcomes me to come to You honestly. Please provide the help, wisdom, strength, and daily bread I need. Teach me to receive Your care, put my trust in Christ, and follow You one day at a time. Amen.

Write in Your Journal

What do I need from God today—physically, emotionally, or spiritually? What does Matthew 6 show me about the Father's care? What would it look like to bring this need to Jesus, receive help without shame, or offer practical care to someone else?

~ DAY 4 ~

Confidence in Jesus

Read Matthew 8:5–13

A Roman centurion came to Jesus carrying a need he could not meet himself: his servant was suffering. Although the centurion was an outsider to Israel, he was not turned away. He approached Jesus with humility and trusted that Christ's authority could reach where he could not. Jesus received him and marveled at his faith. This story reminds you that you do not need the right background, perfect words, or complete understanding to come to Christ. You may bring Him the need that has brought you to the end of yourself.

The centurion's confidence rested in who Jesus is, not in his own rank, worthiness, or ability to produce a miracle. You can bring Christ the people you love, the questions you carry, and the problems beyond your reach. Faith does not require you to control the outcome or pretend you have no doubts. It begins by turning toward Jesus, listening to His word, and trusting that His authority is joined with compassion—even when His answer unfolds differently than you expect.

A Prayer

Lord Jesus, I bring You what I cannot fix and the people I cannot protect by my own strength. I want to know who You are and to trust in Your love for me. Meet me in my questions, help me trust Your authority and compassion, and teach me to receive Your word with humble faith. Lead me closer to You, whatever answer comes. Amen.

Write in Your Journal

What situation or relationship have I been trying to control? What does the centurion's encounter with Jesus show me about Christ's authority, compassion, and welcome? What would it look like to bring this need to Him honestly and trust Him with the outcome today?

~ DAY 5 ~

When Anxiety Rises

Read Philippians 4:4–9

An anxious thought can make tomorrow feel as though it has already arrived. In Philippians, Paul does not dismiss or shame people for carrying burdens; he invites us to bring every request to God with thanksgiving. God's peace is not a reward for getting your emotions under control. It is His gracious presence guarding hearts and minds in Christ Jesus. If anxiety has made you feel alone, Jesus welcomes you to return with the same concern as often as you need.

Tell God honestly what is troubling you, even if your thoughts feel tangled or prayer is unfamiliar. Thank Him for one specific kindness, however small, and ask Jesus to help you with the next thing before you. Peace may grow quietly rather than all at once, and needing support is not a failure of faith. You can pray, receive care from a trusted person, and keep turning toward Christ one moment at a time.

A Prayer

Lord Jesus, You see what is weighing on me and how quickly my thoughts run ahead. I bring You the fears I can name and the ones I do not yet understand. Thank You that I do not have to hide them from You. Guard my heart and mind with Your peace, help me receive support when I need it, and lead me through the next step as I learn to trust You. Amen.

Write in Your Journal

What worry is asking for my attention today? What does Philippians 4:4–9 invite me to bring to God, and what does it show me about His peace in Christ? What is one small step of trust I can take—through prayer, gratitude, or reaching out to a trusted person?

~ DAY 6 ~

Words That Give Grace

Read Proverbs 18:21 and Ephesians 4:29

Words can remain with us long after they are spoken. A cruel remark may deepen a wound, while a truthful word of encouragement can help someone keep going. Proverbs reminds us that speech carries real weight, and Paul calls believers to use words that build others up and give grace. Jesus speaks truth without cruelty, welcomes those who feel unworthy, and offers words of forgiveness and life. As you listen to Jesus, His grace can begin to reshape both the words you believe about yourself and the words you give to others.

The words you repeat within your own heart matter too. Grace-filled self-talk means answering harsh and condemning thoughts with what is true in Christ: you are seen, your life has value, forgiveness is available, and failure does not place you beyond His grace. Practice speaking to yourself with the same truth, patience, and mercy you would offer someone you love. Ask God to shape your heart and teach you to speak with honesty, kindness, and courage. Then pause before speaking and ask: Will these words reflect His grace? Is there truth, encouragement, an apology, or a gentle silence that would help this person today?

A Prayer

Lord Jesus, You know the words that have wounded me and the careless words I have spoken. Thank You that Your grace meets me with truth and mercy. Forgive me, heal what is hurting in me, and shape my heart so that my words reflect Your kindness. Show me when to encourage, when to apologize, and when to listen. Use what I say today to help someone see Your grace more clearly. Amen.

Write in Your Journal

What words have shaped the way I see myself or another person? What do Proverbs 18:21 and Ephesians 4:29 show me about the power and purpose of speech? What grace-filled word—encouragement, truth, gratitude, or apology—might Jesus be inviting me to offer today?

~ DAY 7 ~

Speak Truth to Your Heart

Read Psalm 42:5 and Romans 8:1

Psalm 42 gives words to a soul that is weary, restless, and discouraged. The writer does not deny his distress or shame himself for feeling it; he brings his troubled heart into conversation with God and calls it toward hope. Romans reveals why that hope is possible: in Christ Jesus, condemnation no longer has the final word. If you have been living beneath accusation—whether from others, from your past, or from within—Jesus invites you to hear a truer word. His mercy is greater than your failure, and His welcome is stronger than the sentence you have been speaking over yourself.

Listen gently to the words you use about yourself. When a thought says you are beyond grace, worthless, or defined forever by what you have done, bring it to Jesus and compare it with what He has said. Truthful self-talk does not require you to deny pain or pretend every thought is positive. You can name a hard feeling without making it your identity, confess what needs forgiveness without condemning yourself, and return to the mercy Christ offers. Ask Him to teach your heart a new language—one shaped by truth, patience, hope, and grace.

A Prayer

Lord Jesus, You know the feelings I struggle to name and the condemning words I repeat within myself. Thank You that I can come to You honestly and that Your grace is greater than my shame. Help me recognize what is false, receive Your forgiveness, and believe what You say is true. Teach me to speak to my soul with mercy and hope, and lead me into the freedom You offer. Amen.

Write in Your Journal

What harsh or condemning sentence do I often repeat to myself? What do Psalm 42:5 and Romans 8:1 reveal about hope and freedom in Christ? What truthful, grace-filled sentence can I begin speaking to my heart today, and how might receiving that truth draw me closer to Jesus?

A Closing Prayer

Lord Jesus, thank You for meeting me in these days of reading and prayer. I bring You my questions, needs, worries, wounds, and hopes. Thank You for welcoming me as I am and offering me forgiveness, new life, and freedom from condemnation. I turn toward You today. Help me receive Your grace, trust Your words, and follow You one step at a time. Teach me to speak truth with love, to rest in Your care, and to return to You when I am discouraged. Establish the work of my hands for Your glory, and continue the good work You have begun in me. Amen.

Keep Going

If you are ready to place your trust in Jesus, you do not need perfect words. Tell Him honestly that you need His forgiveness and want to receive the new life He offers. Ask Him to lead you, and continue learning from His Word. A trusted Christian or local church can also walk with you as you begin following Christ.

The seventh day need not be the end of the conversation. Return to the passages that stayed with you, bring what you wrote back to God in prayer, and notice where your next faithful step may be. Consider keeping a simple gratitude journal: regularly name a gift, kindness, provision, answered prayer, or glimpse of grace from the day. Gratitude does not require you to ignore hardship; it helps you recognize God's presence within your real life and gives you another honest way to keep turning toward Christ.

More to Write About

Where did I notice kindness, provision, beauty, or grace today? How might I thank God for this gift and let it remind me of His care?

What have I begun to understand about Jesus during these seven days? What questions do I still want to bring to Him?

Which passage do I want to remember when I feel uncertain?

Who could I encourage with something I have received, noticed, or begun to understand during these seven days?

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May the beauty of the Lord rest upon us and establish the work of our hands.

Inspired by Psalm 90:17