



# LOOK TO THE HILLS

21 DAY DEVOTIONAL

RESURRECTION





RESURRECTION CHURCH FAMILY & FRIENDS  
Happy New Year to All!

Once again, I invite and encourage you to join us in our church-wide 21 days of prayer (January 16 - February 5).

Most of us want more loving relationships, more joy, more confidence, and more energy to live our best lives. While emotional bonds with family and friends are essential to our well-being, so is our connection with God. That's really the most important connection in life and it can grow stronger and deeper as you get to know Him better. Yes, you can pursue friendship with God just as you would with another person—through conversation (prayer), learning more about the person (reading the Bible), and spending time with your friend (enjoying God's presence).

Prayer is very important! As you pray for your personal needs and intercede on behalf of others; let us also spend time in His presence—confessing, worshiping, thanking Him, and meditating on His word. Prayer connects us to the One who has the power to make lasting change in our lives. The power of prayers comes from being connected to Him. Prayer is not a magical set of words you use to get what you want. It is not based on how you feel, how long you pray, how loud, or if you use the right words. Beloveds, simply pray in faith, talk to God, be sincere.

The 21-Day Devotional that you hold in your hand was written by 21 of your fellow church members. It was created to encourage and accompany you as you pray and seek God daily. Thank you to our writers for letting God use you to inspire us. You are loved and appreciated.

I pray that these next 21 days will refresh you and help you experience God in a bold new way.

In His Service!  
Pastor Brown



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## DAY ONE

**Love finds a way.**

*“They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. Some men came, bringing to him a paralyzed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on.”*

*Mark 2:2-4*

Simon, a Kenyan runner, had trained for months and even years for the event of a lifetime. One can only imagine the countless hours of rigorous training that he would have gone through to prepare himself for this 6.2-mile run. Poised to cross the finish line he noticed a man he had previously ran against, falling before the finish line. Simon did the unthinkable and assisted the rival runner across the line ahead of himself for the weary runner to take first place.

I have learned over the years that our selfless sacrifice is the perfect example to connect a person to a loving and saving God. The vulnerability of giving up what seems like our right to win or advance, is a true example of preferring others over our own needs.

**PRAYER:** Father, please make me sensitive to your heart, that I may know when you have chosen to show your grace and mercy through me.  
Amen.

David Adkins



## DAY TWO

**Keep Trusting God**

*“But blessed is the one who trusts in the Lord, whose confidence is in him.”*

*Jeremiah 17:7*

Have you ever given your all to something, someplace, or someone to learn all you have invested seems to no longer matter? Imagine working at a company for almost nine years receiving annual accolades to later be separated from the organization with less than a 30-day notice. It happened to me. My first thought was how are we going to make it? In that moment all I could do was trust God for my next steps.

I ended up being out of work for a year and during that time my mother began to lose use of her legs. She eventually had to stop driving and needed help with everyday tasks. We were able to have so many conversations about life. I learned more about how she grew up, her accomplishments and regrets.

At the end of the year, I went back to work and three months later my mother passed. Being separated from the job caused me to have precious time with mom. God knew the type of loss that was coming. I trusted Him for next steps, and He entrusted me with more quality time with my mother.

Are you trusting God in this moment in your life now?

**PRAYER:** Lord in what seems to be a bad situation, help me to continuously trust you as you order my steps. Amen.

J'Shcarla Adkins



## DAY THREE

**Make the Trade**

*“The Lord is trustworthy in all He promises and faithful in all He does.”*

*Psalm 145:13b*

I never trusted promises because they are too easily broken. As a young adult fueled by rap music and drug culture, I held on to a lyrical promise (to-get-high-till-the-day-that-I-die). Smoking marijuana brought a sense of joy that consumed me to the point where nothing else mattered—not my parents’ shame, not academic probation, not a felony conviction with prison time, not even pregnancy. I never thought about the destruction such a promise delivered.

Thankfully, Christ revealed to me a new promise that shifted the focus from the day that “I’d die” to the day that “I’d live” eternally, in Heaven, with Jesus Christ. In Psalm 145:13b, David praised the Lord for his faithful and trustworthy promises. Though weakness had led him to a place of shame, David admitted his mistake to God, traded failure for forgiveness, and his life was restored. Jesus offers the same redemption to all who are willing to make the trade.

What pleasurable habits have gripped you but cost more than they are worth? Are you ready to make a trade?

**PRAYER:** Lord, reveal any habits that are bringing about my demise. Help me to place my trust in you instead of in the false comforts these habits bring. Give me courage to trade these deceitful habits for your trustworthy promises. Amen.

Amber Alderson

## DAY FOUR

## Passing The Test

*“What is mankind that you make so much of them, that you give them so much attention, that you examine them every morning and test them every moment?”*

*Job 7:17-18*

As a student in a classroom, testing is used to assess what you have learned. When you are a believer in Christ, a spiritual test is used during life situations to evaluate your moral character and obedience to God's principles.

Sometimes life's tests are momentary; other times they are extended. Though we may not pass every test in the classroom, God, through his Holy Spirit, is always available to help us make the right decision. We can pass our spiritual tests by relying on God instead of relying on ourselves. We can pass the test by seeking God instead of leaning to our own understanding. Job demonstrated this after losing everything. Despite his tragic losses, he remained faithful to God and passed the most difficult test of his life.

Are you including God in all your decisions or relying on your own thoughts or opinions?

**PRAYER:** Heavenly Father, help us to consider your divine wisdom in all our decisions. Help us to yield to your will and not our own. Amen.

Larry Anderson

## DAY FIVE

## Here Comes the Sun

*“The Lord himself goes before you and will be with you; he will never leave you, nor forsake you. Do not be afraid; do not be discouraged.”*

*Deuteronomy 31:8*

I find pleasure in taking walks. This particular day, the sky was overcast, and it looked as if it might rain at any moment. Even though the skies were overcast, I knew the sun was still there, hiding behind the clouds, so I rubbed on sunscreen and off I went.

Right before I reached the halfway point of my walk, the sun came from behind the clouds. Just like that, the sky that was moments before dark, was replaced by the brilliance and warmth of the sun!

Much like the day I went walking, we can experience dark times in our lives. Yet even in our darkest hours, we must remember God is behind the scenes, faithfully working everything out for our good. God’s word reminds us He will never leave nor forsake us. Just like I knew the sun was still there, I am assured that God is always present.

In your dark times, what do you focus on, the darkness or God's Promise?

**PRAYER:** Father, thank You, for keeping Your word. Help me, even in my darkest hour, to trust that you are always with me. Amen.



## DAY SIX

## A Shift Change

*“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is his good, pleasing, and perfect will.*

*Romans 12:2*

This year, I experienced a huge transition in life that caused much heartache and pain. I watched my life unravel as I began to conform to worldly things and evil ways. Shortly after, I began noticing these behaviors only made me feel worse. That is when a shift in my mind took place, and I decided to draw closer to God.

Oftentimes, we tend to forget Jesus experienced heartache and disappointment, but He never allowed it to get to him. The scripture informs us that renewing our minds is the key to not following the world but to following Christ. In order to renew our minds, we have to replace our self-focused mindset with a God-focused mindset and ask for guidance in the choices we make.

This is where the shift will take place, and we will be able to understand God’s will for us.

**PRAYER:** Father, help me shift my mindset to be more like Yours so that I can be able to understand your good and perfect will for me. Amen.

## DAY SEVEN

**Chosen!**

*“As you come to him, the living Stone rejected by humans but chosen by God and precious to him... But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”*

*1 Peter 2:4,9*

There are moments in life we are waiting to be chosen. Whether it is a sports activity like making the football or cheerleading team or being chosen for a job or ministry opportunity that you really want. These moments can leave us doubtful; wondering if we are qualified or good enough. No one wants to be picked last or not be a part of a great team, or miss being chosen for a position. Not being chosen can leave us feeling rejected or inadequate.

Keep in mind you are God's chosen and He chose you for a purpose. He has a plan for everyone called His children; and that means you! The next time you find yourself not accepted or chosen by others, remember you are chosen by God!

**PRAYER:** Dear God, thank you for choosing me to be a part of your perfect plan, a plan you designed especially for me. Help me to remember your acceptance even in the face of man’s rejection. Amen.

Johnique Brown

## DAY EIGHT

**The Core of the Matter**

*“I meditate on your precepts and consider your ways. I delight in your decrees; I will not your word.”*

*Psalm 119:15-16*

Several years ago, I went to physical therapy for problems with my knee. My therapist spent a little time working on my knee however, most time was spent on exercises designed to strengthen my stomach and back muscles. I asked her why they were the focus when my knee was the problem. She said those muscles are the “core” of my body, and must be strengthened, otherwise, I would continue to have knee issues. She further explained that strengthening my core would help keep my body in an upright and erect posture.

Likewise, we must maintain our spiritual core. Psalm 119:15-16 reminds us to be diligent in our pursuit of Christ and to constantly meditate on His word. Failing to do so will cause our spiritual core to weaken, and we will find ourselves not only struggling spiritually, but in every other facet of our lives mentally, emotionally, relationally, and even physically. Therefore, if we are to fulfill God’s call on our lives, we must diligently exercise the muscles of our spiritual core through reading God’s word, prayer, study, and meditation.

**PRAYER:** Lord, help me to be disciplined in exercising my spiritual core so I will have the strength to walk upright and accomplish Your will for my life. Amen.

Deborah Butler



## DAY NINE

## Why Not Me?

*“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.”*

*Romans 8:18*

The church overflowed on July 23, 2022. Social media, family, and friends who prayed and followed Keimryn over the prior 15 months streamed to bid farewell. The audience remembered her as a happy-go-lucky nine-year-old who loved Lilo and Stitch, unicorns, and dancing. They recalled hearing her sing “Why not me?” when she was in church, at home, or in the car. Whether embracing her prosthesis, or accepting her smooth, hairless head, Keimyrn maintained a “why not me?” conviction.

Maintaining such an attitude in the midst of adversity is difficult. When you are going through bad times and want to ask “why me Lord”? Reflect on Paul’s words in Romans chapter 8 that remind us no matter how bad our current suffering, it pales in comparison to the glory to come.

Maybe your story, like Keimryn’s, can offer encouragement to someone. So instead of asking “Why me?” ask yourself, “Why not me”?

**PRAYER:** Father God thank you for the good and tough times in my life. I know that your ever-loving hand is present in both the good and bad. Thank you for being my help in times of trouble. Amen.

Michelle Harris-Callis

## DAY TEN

**Speak It, Believe It  
and Receive It**

*“The tongue has the power of life and death, and those who love it will eat its fruit.”*

*Proverbs 18:21*

Growing up, my mother reprimanded me for using phrases like “I can’t” and “I’ll never.” Yet, I do not recall the same emphasis about speaking life into my desires. In 2007, my husband and I built our first home together. Unfortunately, this turned out to be the worst timing and investment ever due to the economic downturn of 2008. We were grateful for uninterrupted renters for many years despite out-of-pocket expenses every month. Sometimes feeling hopeless we failed to realize the power of speaking life over our situation.

When we finally made our seemingly outrageous financial declaration, we received a “suddenly” blessing. What we initially considered our worst investment became one of our best because we believed and spoke life into it. Proverbs 18 reminds us there is the power of life in the tongue. It is not enough to just avoid saying the wrong things. We must also be intentional about speaking life into our heart’s desires.

Is there a situation in your life you need to speak life into?

**PRAYER:** Father God, thank you for revealing how to speak life over my situation regardless of how hopeless it may seem. In Jesus’ Name, Amen.

Tonya Loving Collins

## DAY ELEVEN

**Call On Him,  
He will answer!**

*“He will call on me, and I will answer him: I will be with him in trouble, I will deliver him and honor him.”*

*Psalms 91:15*

There was a time in my life where my perception of reality took me down a dark path. I lived life trying to please others and was mentally and emotionally drained. I did not know how to pray or what to pray for. My hurt and despair were masked in the company of family, friends, believers, and non-believers. My heart was a shallow hole full of nothing.

Being a people pleaser can drain you of your self-worth, time, energy, and peace. I had fallen so far from reality. I was planting, watering, and providing the increase for everyone else. In my darkest moments, life was not worth living, but I knew God was with me. It took me some time, but when I called to Him, He answered me!

Through a renewed heart, God intervened; delivering me through counseling and therapy. I am reminded in the book of Proverbs (15:22), where it says, "Plans fail for lack of counsel, but with many advisers they succeed."

Have you ever been in a dark place where you needed to call upon the Lord?

**PRAYER:** God of mercy, when I am in my darkest moments, I pray I will trust you; and you will hear my call and answer. Amen.

Doretha Godley



## DAY TWELVE

**Fear Not!**

*“When I am afraid, I put my trust in you.”*

*Psalms 56:3*

Two Wyoming college wrestlers were seriously injured when they were attacked by a grizzly bear while hunting. One of the men jumped on the bear, grabbed and yanked him by the ear to get him off his friend. They somehow broke free and called 911. Both underwent multiple surgeries on their body and face and are counting their blessings after surviving.

Sometimes, the words and actions of people can feel like that bear attack in the woods, sudden and vicious. Thankfully we have the protection of God to help us make it through. Psalms 56:4 says, “In God, whose word I praise in God I trust and am not afraid. What can mere mortals do to me?” We shouldn’t live in fear of random attacks against us but trust in God’s protection over our lives.

How will you respond when someone or something tries to cause fear in your life?

**PRAYER:** Lord, thank you for your protection over my life. Help me to defeat my fears with calm and peace through my faith in you. Amen.

# DAY THIRTEEN

## Changes

*“For I know the plans I have for you,” declares the Lord.  
“Plans to prosper you and not to harm you, plans to give  
you hope and a future.”*

*Jeremiah 29:11*

Have you ever stood along a beach near the ocean watching the ebb and flow of the waves and tides? The hues of blue and white, reflection of light and whooshing sound is extraordinary. Like the breathtaking movement of the ocean, our lives are influenced by changes in our environment and within our lives. Some changes are small, like a ripple, others feel like a tsunami. Periodically our earthly minds take control, and the gravity of these situations pull us into dark places.

Thankfully, change never catches God by surprise. God told his people, “I know the plans I have for you”. Through change, God prunes us, or shifts our position and increases our prayers, faith, and gives us peace.

When you experience changes, hold on my brother and my sister; your greater is coming. And no matter what changes you face, God has a plan for your life and His will shall be done.

**PRAYER:** Heavenly Father, I trust your will and have faith that you will keep your promises. Give me strength to withstand changes, pray continually and have peace as You work in my life. Amen.

Tammy Kinnon

# DAY FOURTEEN

## Pass It On

*But encourage one another daily as long as it is called  
“Today.”*

*Hebrews 3:13*

“Aloha!” When someone says this word, people tend to respond positively. Everywhere you go in Hawaii, you are likely greeted by that word. It is such an encouraging word, that means much more than just hello or goodbye. Aloha is the Hawaiian word for love, peace, compassion, and mercy. There is humbleness and oneness in that word.

Some days when life throws everything it can at you, you need an “aloha” type of encouragement. The writer of Hebrews wrote that believers should “encourage one another daily”.

Encouragement is not just saying words to a coworker, friend, or loved one, but showing it as well. Like the word aloha, Christians should model love, peace, compassion and mercy. When we do that, others can’t help but respond positively.

**PRAYER:** Lord, help me to look beyond my own needs and see the needs of others. Let me find a way to encourage someone today and pass it on. Amen.

## DAY FIFTEEN

**Keep Walking!**

*“...Because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.”*

*Hebrews 12:6*

When my siblings and I were learning to walk, my mother would hold the back of our shirts with her hand. Eventually she exchanged her hand for a clothespin. We waddled across the room, thinking she was still holding us. She was never far because we still needed her guidance. Parents recognize when their babies have mastered a milestone.

Like the ups and downs of a toddler learning to walk, sometimes we stumble and fall. Thankfully we have a father who will pick us up and guide us along the way. We have this gentle reminder: “The Lord disciplines the ones He loves, and He chastens everyone He accepts as His son” (Hebrews 12:6).

Instead of feeling hopeless during times of discipline remember that God is never far away and always willing to guide you. So even if you have fallen, get back up, take one step at a time, and keep walking in faith!

**PRAYER:** Lord, help me to remember that you are always with me, and help me to appreciate your guidance. You have given me everything I need to follow your path for my life. Amen.

Destiny Matthews



## DAY SIXTEEN

**God Is My Friend**

*“A friend loves at all times, and a brother is born for a time of adversity.”*

*Proverbs 17:17*

One morning the Spirit immediately led me to write the words, “God Is My Friend.” I began to look back over my life. I thought about friends that left, family members that were no longer around, and failed relationships. I realized that there is one relationship that has never wavered, and that is the relationship I have with God through Jesus Christ. He has always been a friend. God has always been someone I can talk to, who listens to me, does not judge me, and lifts me up when I am down.

As human beings, we often seek friendships from various sources such as peers, co-workers, family, and even material objects. Unfortunately, all these things have the potential to let us down. As a result, we find it difficult and awkward to embrace God as a friend. God is not like man; he is a faithful and trustworthy. God is waiting for us to just call his name. He understands how it feels to be disappointed by friends and He promises to be “A friend that loves at all times.” No matter who we are or what we have done, He wants to embrace us by stretching His arms wide in everlasting love.

Can you imagine having a friend who bears all our sins, and grief, and loves us unconditionally?

**PRAYER:** Lord, thank you for being there for me through good times and bad. Thank you for always being my friend. Amen.

Trenna N. Richard

# DAY SEVENTEEN

## He Can Fix It

*“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”*

*Isaiah 26:3*

Well-designed toys are an important part of a childhood. They can educate and help children develop skills for later in life. As adults, we have our own version of “toys,” iPads, iPhones, laptops, sound systems, etc. One of the most frustrating parts of owning a “toy” is when it breaks, and we have to send it to the manufacturer for repair.

Depending on the significance of the break, we trust the expert to repair it while we wait patiently for its return. During the waiting period, we also have to trust that the manufacturer is restoring our “toy” to its original state. We all have had an experience where we have gotten an item back where it did not work the same once it was returned.

When it comes to God, our manufacturer, no matter what broken pieces we bring to Him, He is always able to restore us to our original state. We simply must let go, wait, and allow Him to do what He does best.

Have you ever experienced difficulty trusting God to fix a broken area in your life?

**PRAYER:** Lord, as I allow myself to fall deeper in love with You, help me to let go while You instill patience within me to allow me to fully trust You in the wait. Help me to trust that through You, all things will work according to your will. Amen.

# DAY EIGHTEEN

## God is with us

*“God has said, never will I leave you; never will I forsake you.”*

*Hebrews 13:5b*

When my dad died, I soon realized just what kind of leader was gone from our family. There was a hole that seemed unfillable. As a boy, I valued his opinion on all matters of life. Growing up I knew whatever happened would be taken care of when my dad got home from work. If I was afraid, the fear disappeared when he showed up. His presence meant the world to me.

Now in my adulthood, I rest in the fact that God is with me throughout all of life's circumstances and challenges. I value His word on all of life's issues. There are times I do not sense God's presence. But He is always with me regardless of how I feel! I find comfort in this truth found in Isaiah 41:10: So, do not fear, for I am with you: do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. We as believers have a Heavenly Father who will never leave or forsake us. He will never abandon us!

How has God reminded you that he is right there with you?

**PRAYER:** Heavenly Father, thank You for Your promise to never leave me or forsake me. I am grateful for your abiding presence! Amen.

Gerard Sampson, Jr

# DAY NINETEEN

## Constant Change

*"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."*

*James 1:2-3*

"Change is constant," is a famous phrase by Greek Philosopher, Heraclitus. Change is often difficult for people especially when it is the result of challenges outside of our control.

When we find ourselves in the midst of challenges, we must remember that in order for our faith to grow we must be tested. James not only encouraged us to be patient in this process, but to **CONSIDER IT PURE JOY**. We should not become discouraged in a moment of trial but rely on the Lord, as He changes us from immaturity to maturity.

Have you ever found yourself dealing with sudden change? How did you respond?

**PRAYER:** Lord, help me to be patient and to persevere when I'm experiencing difficult changes in my life. Help me to remember there is Joy in Growth. Amen.

## DAY TWENTY



## Race Day

*“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,”*

*Hebrews 12:1*

This year, I set a goal to run a half marathon. In order to achieve my goal, I needed a training plan that would tell me what to do and how often, leading up to race day. There is also grace in the training plan, to get back on track after a bad day or week. Achieving my goal required a commitment to the details of proper nutrition, hydration, and stretching. It also required the discipline of consistency. Without consistent training I would not have been able to build strength, perseverance, or endurance, which were all necessary to finish the race.

Training for a long-distance race is much like our walk with Christ. As believers, the Bible is our training plan, giving us instructions and grace if we have gotten off track. When we commit to the details of reading, prayer and fasting, we achieve the goal of seeking God and His will. Consistently seeking Him reveals His character. In His character, we find hope, joy, and peace in every situation, that we may endure until the end.

**PRAYER:** Father, fix our eyes on you, so that we can run the race marked out for us! Amen.

Carietha Taylor

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# DAY TWENTY-ONE

## The God Who Comforts

*“Who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God”.*

*2 Corinthians 1:4*

At some point in life, each of us will need to be comforted and extend comfort to others. Recently, a coworker shared that she was experiencing anxiety and wanted to give up. As I began to pray the promises of God over her life, I remembered pain I once endured and how God used others to comfort and strengthen me. As I witnessed God's presence upon the heart of my friend, her perspective began to change and now she is sharing that same comfort with others.

You may be experiencing grief, disappointment, loneliness, or even physical distress while seeking a breakthrough. The good news is God loves you unconditionally and you can depend on him to help you in every area of your life. His promises are true, and the more you trust Him, you will discover an amazing God who comforts those He loves.

**PRAYER:** Dear God, thank you for comforting me in times of trouble and despair. As I proclaim a life of victory, may I share that same comfort with others. Amen.

Francine Whigham



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Printed by Summit Signs, in the United States of America.

First printing, 2023

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**I lift up my eyes to the hills.**  
From where does my help come  
My help comes from the Lord,  
who made heaven and earth.

—Psalm 121:1



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