

5W Devotions

HELPING PEOPLE EXPERIENCE GOD

Treat the following like elements in smorgasbord meal where you can pick & choose different elements depending on how you sense to spend time with God today.

WELCOME

Grace-filled **WELCOME**: Where everyone is welcome.

- **Silence:**

“Be still & know that I am God.” (Ps 46:10)

Spend some time in silence. It might be helpful to:

- Set a maximum (not a goal) time e.g. 1, 5, 10 minutes so that you can relax and enjoy the time of silence.
- Nasal breathing to calm the body.
- Notice what you can hear.
- Notice what you can feel.
- If you get distracted notice the distraction (I notice I am thinking about xyz) and then use a bible verse like Ps 46:10 to bring yourself back to the silence.

- **Welcome:**

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.” (Eph 2:8)

Thank God for his grace-filled welcome.

- **Commitment Prayer:**

Thank you, God our Creator, for inviting me into your family.

I believe Jesus is who He said He is: the Son of God from the beginning.

I believe Jesus was crucified and died for my sin.

I believe You raised Him to life again to show he is your Son.

I commit to You as the Lord of my life, seeking to live as the Spirit guides and empowers me.

Thank you, Heavenly Father,
for making me your child.

WORSHIP

Awe-struck **WORSHIP**: Honouring God in his rightful place.

- **Psalm:**

“Come, let us bow down in worship, let us kneel before the Lord our Maker.
(Psalm 95:6)

Spend time meditating on a Psalm,

- **Sing a song**

“ ... speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord ...” (Eph 5:19)

You may find it helpful to use the ‘Worship Music’ playlist on the church YouTube channel at

www.youtube.com/@IllawarraChurchofChrist/playlists

WONDER

Joy-filled **WONDER**: Sharing stories of what God is doing.

- **Reflect:**

“They tell of the power of your awesome works— and I will proclaim your great deeds.” (Psalm 145:6)

Think about your recent past e.g. like the last 24 hours and notice what you can be grateful for. It can be helpful to say these out loud or write them down using this framework. “I am grateful for ... because ...”.

Here are some categories that can help you reflect:

- Faith, Family, Finances, Fitness / health, Friends, Fun – things you enjoy, Future – looking for to ...
- Or you can think of things that start with the letters of the alphabet and thank God for them. Thankyou God for A = Air, B = Breath, C etc.

WORD

Life-transforming **WORD**: Discovering God’s truth.

- **Bible:**

“Open my eyes to see wonderful things in your Word..” (Psalm 119:18)

- Spend some time reading or listening or watching some of the bible. You can use a physical bible , a bible app like YouVersionⁱ or an online bible like The Bible Hubⁱⁱ, Bible Gatewayⁱⁱⁱ, or Net Bible¹.

¹ <https://netbible.org/>

- It can be helpful to use a bible reading plan like the one in our monthly newsletter^{iv} those available from Navigators^v or focus on one book of the bible for an extended period of time.
- When you read the bible it can be helpful to ‘write down questions’ as you read. For example you might ask:
 - Who is writing this and why?
 - When was it written? What is the context of this books?
 - What point is the author making?
 - What other parts of the bible talk about this same idea?
 - How does this idea fit into the whole story of the bible? Check out www.illawarrachurchofchrist.com.au/how-do-i-understand-the-bible/
 - etc
- **Meditate / Reflect**
 - Spend time specifically reflecting and meditating on what you have just read. Ask God to reveal his truth to you.
 - Write down the impressions, thoughts, directions you receive.
- **Spiritual Books / Podcasts / YouTube Channels:**
Reading Christian biographies, commentaries or Christian books on key themes. You can find a list of books I recommend at www.illawarrachurchofchrist.com.au/recommended-resources/

Works

Kingdom-building **WORKS**: Building God’s abundant Kingdom.

“your kingdom come, your will be done, on earth as it is in heaven.” (Matthew 6:10)

- **Application:**

Consider how you might take action based on what you have read, thought, felt. Consider each of these areas:

- Inward Prayer^{vi}: Talk to God about your personal needs.
- Inward Action: Consider what actions you could be taking to grow in your relationship with God, Self & Others.
- Outward Prayer: Talk to God about the needs of those in your life. We are called to pray for our family, our church family, for those who don’t yet know God, for those who are sick, poor, in need, and for our leaders both in the church and in the community.

- Outward Action: Consider what actions you should be taking in regard to your family, church, community. Use this checklist to consider how you might be being asked to do **more or less**:
 - How am I being asked to use my time?
 - How am I being asked to use my talents (skills, gifts, abilities)?
 - How am I being asked to use my treasure (money / resources)?

You may find it helpful to slowly pray the Lord's prayer and consider how you might respond to each line.

The Lord's Prayer

Our Father in heaven

hallowed be your name,

your kingdom come,

your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation,

but deliver us from evil.

For the kingdom, the power, and the glory are yours

now and forever. Amen.

For a sermon on this topic go to

www.illawarrachurchofchrist.com.au/messages/ and look for 19 July 2026.

Developed by Pastor Peter Watson, Illawarra Church of Christ. More resources available at www.illawarrachurchofchrist.com.au/resources July 2026

ⁱ <https://www.youversion.com/bible-app>

ⁱⁱ <https://biblehub.com/>

ⁱⁱⁱ <https://www.biblegateway.com/>

^{iv} <https://illawarrachurchofchrist.com.au/resources/>

^v <https://www.navigators.org/resource/bible-reading-plans/>

^{vi} <https://illawarrachurchofchrist.com.au/prayer-resources/>