

Discipleship
for

Young Adults

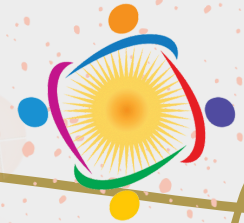
**Mesoamerica
Region**

**Making Christlike Disciples
along the Journey of Grace**

1 John 2:14



CHURCH OF THE
NAZARENE



NAZARENE DISCIPLESHIP
INTERNATIONAL
MESOAMERICA REGION

YEAR | 2025

DEVOTIONS- YOUNG ADULTS

2025

January

February

March

April

May

June

July

August

September

October

November

December

Devotions FOR Young Adults



NDI Coordinator North Central Field

ROSARIO XUC T.

Authors

PAMELA VARGAS - WENDY DE URIZAR-
ELBA BERNABE- NORMA VICENTE-
SOFÍA BARRIENTOS- JAIRO BELTETÓN-
PABLO SANTIAGO- EDWIN RUBIO-
ROSARIO XUC T.

Editor

ROSARIO XUC T.

Theme

MARUIN RIVAS- ROSARIO XUC T.

Design and Layout

ROSARIO XUC T.

Cover Design

ROSARIO XUC T.

JOURNEY OF GRACE



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INTRODUCTION



Dear young adult, it's an honor for the Church of the Nazarene of the Mesoamerica Region to put in your hands this devotional book that we're sure will help you in all areas of your life.

Each topic has been written with the goal of intentionally discipling and training you so that you can become a mature Christian and subsequently exercise effective leadership inside and outside the local church.

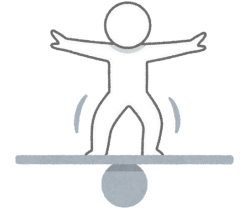
When we speak of devotional life, we refer to the personal and intimate relationship that every believer must have with God, beginning with their new birth. We understand that our Christianity is not based on a “religion,” but rather on a living “relationship” with the person of JESUS CHRIST. It's worth mentioning that the indispensable call to a personal relationship with God is widely established in the Scriptures.



JOURNEY OF GRACE

January

Theme: Balanced Life



Verse: “And Jesus grew in wisdom and stature, and in favor with God and man.” (Luke 2:52)

Development of the topic:

Achieving a balanced life seems like a difficult task when you’re an adult, however, this is essential for our overall well-being. As we mature, responsibilities grow and grow very quickly, but it’s important to find a balance between work, daily life and our relationship with Christ.

Dr. Luke shows us a clear example of balance through the life of Jesus and teaches us about this topic from four specific areas:

- Jesus grew in wisdom: this wisdom includes the intellectual part and mental balance. The achievement of this growth was based on the study of the Scriptures. The Bible tells us that if we need wisdom, we should ask God (James 1:5). This requires discipline and work.
- Jesus grew physically: healthy physical development is important. According to the Word, our body is a balanced temple (1 Corinthians 6:19) which requires care.

- Jesus grew in favor with God: Christ was developing in a close relationship with his Father. We might grow in our “knowledge” of God, but not necessarily in an intimate relationship with Him; this is equivalent to having a huge brain and a smaller heart than the one we have. To obtain God’s favor is to have an inseparable relationship with Him.
- Jesus grew in favor with people: developing socially is another area of relevance. Creating good interpersonal relationships is one of the characteristics that should exist among Christians.

Proverbs 14:8 teaches us that to understand our path, we need to do two things: First, evaluate where balance is lacking. Let’s take inventory to see where we are. Second, let’s have an action plan that includes the changes that need to happen so that we can be a witness by practicing a balanced life (James 4:17).

Prayer:

God, thank you for teaching me through Jesus the balance I need to manage in all areas of my life. Help me work on it. Amen.

Author: Rosario Xuc T. -Theologian

January

Verse: “May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23)

Development of the topic:

What is holiness to you? Surely as a Nazarene you have heard that we promote a life of holiness, but maybe you haven’t ever thought of an answer to this question.

We Nazarenes believe that sanctification is the work of God through which He transforms believers into Christ’s likeness.

That is to say, being holy is not our nature, it is an act of God in our lives where sin no longer dwells in us, but we are transformed by His love and grace to live a different life (Romans 12:2), a life that pleases Him.

This Christian life that pleases Him must be cultivated through Christian fellowship, spiritual disciplines (study, prayer, meditation, simplicity, service, retreat, blessed subtraction). We can make mistakes and sin, but we have His mercy to ask for forgiveness and seek to be more like Him. If we don’t intentionally cultivate our Christian life, we can lose it.

Topic: Me? Holy?



Being holy can be related to being perfect, a very practical meaning of what this means is “to love God with all your heart, and with all your soul, and with all your strength, and your neighbor as yourself” (Matthew 22:37-39).

When we begin to grow in our Christian life, we can see how God transforms our lives to make us more like him, and we see the fruit of the Holy Spirit in our actions (Galatians 5:22-23), we love even our enemies, we’re more patient, we have mercy, we have peace that surpasses all understanding, and all our actions, thoughts and words seek to honor God.

Now it’s time for us to evaluate our lives and consider whether or not we’re cultivating our Christian life.

Prayer:

Thank you, Lord, for your love shown toward us by giving us salvation by grace. We ask that you continue to work in our lives and help us live a life of holiness. In Jesus' name, Amen.

JOURNEY OF GRACE

February

Topic: The Church and Young Adults



Verse: “so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.”
(Romans 15:6)

Development of the topic:

Let’s reflect on the vital relationship between the Church and young adults in order to strengthen the bond of faith and the purpose of the community of faith. Young adults constitute an important pillar in the Church of the present and the future.

Galatians 6:10 reminds us of the duty to serve others, and this includes all brothers and sisters in the church. Young adults are characterized by their energy, creativity, and enthusiasm, and can make a difference in the life of the church through their service.

Many passages in the Bible describe the church as a diverse body, including 1 Corinthians 12:18. This passage confirms that each person has a gift or talent with which he or she contributes to the growth of the kingdom. Young adults are no exception. From their perspective and life experiences, they can guide other young people, adolescents, and children.

But unity is essential for the growth and strength of the church, therefore, young adults have the opportunity to link different generations and create a stronger and more cohesive community, as Romans 15:6 indicates.

The church should be a place of support and guidance for young adults as they navigate the challenges of this stage of life. Through teaching, fellowship, and service, the church helps young adults strengthen their faith, develop their gifts, and find their purpose in life.

The relationship between the church and the young adult is one of mutual benefit. The church provides support and guidance to these young people, while they bring vitality, energy, and new perspectives to the community.

Prayer:

Lord, help us to take on leadership and mentoring roles for the younger ones, and guide our walk of faith. Together, may we build a stronger and healthier church. Amen!

JOURNEY OF GRACE



Verse: “The wise store up choice food and olive oil, but fools gulp theirs down.” (Proverbs 21:20)

Development of the topic:

We live in a time when there’s no respect, everything is “made into a meme” and we must be “tolerant” of the thoughts of others.

Consumerism has reached worrying levels and the “cult of self” has taken over minds, even in the church. We hear jokes about how “in debt I am”, that I can’t have money in my hand because I have to buy something with the banner of “I deserve it” to the point that economists worldwide have said: “In 2030 you will have nothing and you will be happy.”

As Christians, we know that we only need God to be happy (Psalm 144:15 NLT). Everything we have belongs to God and we must manage it well. Times have changed, but God is the same, and his Word is still valid.

Some principles that can help us to be different in this unequal world:

- Stewardship: We recognize that everything we have comes from God. We’re responsible to manage it wisely in His name (1 Corinthians 4:2).

Topic: Managing my resources wisely



- Budget: Proverbs 21:5 says that the thoughts of the diligent tend to abundance. A budget allows us to allocate our resources intentionally and avoid impulsive spending.
- Living Below Our Means: In Philippians 4:11-12, Paul invites us to practice moderation because this helps us live responsibly.
- Avoid Debt: Proverbs 22:7 says, “We do not want to be enslaved to debt.”
- Giving with joy: is sowing blessings in those in need, as 2 Corinthians 9:7 teaches us.
- Seek Counsel and Wisdom: We have limitations and we seek guidance from wise people, whom God will surely put in our path (Proverbs 15:22).

Let’s trust in God's hand and He will provide what we need because He is the Owner of everything.

Prayer:

God, thank You that Your love is more than I deserve and Your provision is inexhaustible. Help me to be a faithful steward of what You give me and to share with those who have none. In Christ Jesus, Amen.

March

Topic: I feel lonely, what do I do?



Verse: “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 NIV)

Development of the topic:

Feeling lonely comes from a feeling of disconnection. This can be caused by rejection, by the feeling of exclusion by a group we don't fit into, by being far from home, and we can still feel lonely when surrounded by many people.

The truth is that even when we feel this way, God is near. Suddenly, today you may ask yourself: Why don't I feel His presence?

The prophet Elijah felt alone after defeating the false prophets of Baal. He was afraid and fear led him to hide. The Lord told Elijah to stand before Him on the mountain. At that moment, several events occurred, such as a strong wind, an earthquake, and fire. But God manifested Himself in a soft whisper, so Elijah understood that God was very close to him.

Three things we can remember when we feel alone:

- We can be honest with God. As we walk through this world, we cannot avoid feeling alone at times, but it's important that we be honest with God and tell Him how we feel. He'll listen to us. God is our best Friend. He will never leave us nor forsake us (Psalm 46:1).
- When we feel alone, God is always with us. God is there, even if we cannot see him because of worries, anguish, pain, sadness, etc. With Christ, we always have a safe refuge, that peace that surpasses all understanding as expressed in Philippians 4:7.
- God reveals what we cannot see with our physical eyes. Through the resource of prayer, we can express to God how we feel. Let's remember that He tells us: “Do not be afraid, nor be dismayed.”

Prayer:

Thank you Lord for being with me and reminding me that you will never leave me nor forsake me, in Christ Jesus. Amen.

JOURNEY OF GRACE

March

Topic: Making the most of my single life



Verse: “I would like you to be free from concern. An unmarried man is concerned about the Lord’s affairs—how he can please the Lord. (1 Corinthians 7:32)

Development of the topic:

An often misunderstood topic: singleness. In our community of faith where marriage and partnership are honored, many singles feel pressured, incomplete, or even incapable of achieving full happiness. However, the Bible teaches us that singleness is not a state of inferiority, but a precious gift from God that comes with unique opportunities to grow and serve.

The apostle Paul addresses the issue of singleness and marriage in 1 Corinthians 7:25-35. He affirms that both states are good and valid, and that each person must discern what God’s will is for their life. For some, marriage is a beautiful and sacred calling. For others, singleness can be an opportunity to devote more time and energy to serving God and others.

Being single should not be seen as a waiting period or a preparation for marriage.

It is a state in itself, filled with value and purpose. In singleness, we have the freedom to focus on our personal growth, develop our talents, cultivate deep relationships with friends and family, and serve God without the distractions that can sometimes accompany marriage. Singleness allows us greater communion with the Father in times of prayer, study of the Word, and exercise of piety, and in this state we can acquire knowledge, skills and experiences that might not serve those who are married or widowed.

We can say then that it is not a situation to be regretted, but rather an opportunity to be made the most of. It’s a time to grow, serve and prepare for what God has planned.

Prayer:

Lord, we ask that single men and women will embrace their status with joy and gratitude, that they won’t feel pressured, that they will learn to enjoy the unique blessings of their singleness, and that they’ll focus on their personal growth and relationship with you. Amen!

JOURNEY OF GRACE

April

Topic: Making decisions and facing my fears



Verse: “for the Lord will be at your side and will keep your foot from being snared.” (Proverbs 3:26)

Development of the topic:

Every day, human beings make decisions, from the simplest to the most difficult to implement. We cannot deny that they often become a complicated task to solve.

Many of the decisions we make bring us tranquility and peace, however, others are likely to cause us sadness, stress and even fear. This is where God reminds us by saying, “...do not lean on your own understanding” (Proverbs 3:5-8).

When man displaces God's counsel for other things, he becomes engulfed in fear, anguish, pain and suffering, but if the individual treasures and practices the content of the Scriptures, it will favor them. Psalm 33:11-12 tells us that the counsel of Jehovah stands forever, that the thoughts of his heart are to all generations and that blessed is the nation whose God is Jehovah.

Every decision made under God's guidance will be a blessing in all areas of our lives; we will enjoy peace when we make a decision. The proverbist advises us to be attentive to obedience in order to have health, life and grace (Proverbs 3:21). So, why suffer and remain tied to fear?

The advice and invitation for us today is to make decisions under the direction of God through His Word and to face the challenge of fear, with the help of the Holy Spirit in such a way that we can overcome and be victorious.

Let's think for a moment: What is it that causes us fear? There are certainly many factors, however, we must remember that God gave us a “...spirit of power, of love and of self-control” (2 Timothy 1:7). Let's make our decisions in God and face our fears.

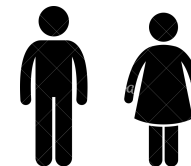
Prayer:

Lord Jesus, thank you for guiding me in the light of your Word. I ask you to help me seek your face to make the best decisions and face all my fears under the guidance of your Holy Spirit. Amen.

JOURNEY OF GRACE



Topic: Do I have the possibility of getting married?



Verse: “The Lord God said, ‘It is not good for the man to be alone. I will make a helper suitable for him.’” (Genesis 2:18)

Development of the topic

Marriage is a gift from God to each one of us. When we read the verse that we found at the beginning of this reflection, we realize that God said it is not good for man to be alone. For this reason, He Himself made a helper suitable for the human being. Every day, the subject of marriage is less important, young people no longer have it as a priority-goal, and this should be relevant.

So what prevents that from being a reality in your life? Of course God believes in marriage! Because He was the one who instituted it and designed it so that individuals would not have to be alone, because in His opinion, that isn't always good. You may have thought this at some point: Why should I get married? Are all men and women the same? Should I get married? No thanks! Many times, with our words we close doors.

It is possible that in your environment, you haven't seen a good example of marriage. But you can ask God, what are His plans for you! Or if He already has your suitable helper!

Is the desire to get married in your heart? Believe that God knows it (Psalm 38:9). Come closer to God, open your heart to Him, and let Him prepare you for that wonderful moment, because His Word says: He who finds a wife finds a good thing and obtains the blessing of God (Prov. 18:22).

A successful marriage is not based on material things, but on God being the CENTER. In this way, you will ensure a marriage for life. But remember, it will depend on your constant and fervent relationship with God (Matthew 6:33).

Prayer:

Thank you Lord, because You have plans for good and not evil, to give me the future that I hope for. Please help me to always believe in your promises, I pray for that person that You have as a suitable helper for me. I decide to wait for him or her, in the name of Christ Jesus, Amen.



Topic: The Bible and Savings



Verse: “The wise store up choice food and olive oil, but fools gulp theirs down.” (Proverbs 21:20)

Development of the topic:

We know we should save, but many of us find it difficult to adopt a practical theology for managing money, especially when it comes to saving and investing for the distant and fortuitous future.

Some encourage a life of denial, such as avoiding luxury, budgeting, and avoiding debt. But how can we have a personal theology of wealth that balances biblical integrity with the praxis of saving and investing for the future?

Below are some biblical principles that will help us understand the importance of saving.

- Saving for future needs is biblical: Saving is encouraged in the Bible. Scripture approves saving for needs that arise now and in the future. (Proverbs 6:6-11; 21:20) These passages show us that saving and investing are wise.
- Saving honors God and serves others. Saving is appreciating what we have, it is a gift from God (James 1:16-17). Instead of spending, saving demonstrates the importance of managing gifts (Luke 12:47-48). _

- Saving honors God and serves others: Saving is appreciating what we have, it is a gift from God (James 1:16-17). Instead of spending, saving demonstrates the importance of managing gifts (Luke 12:47-48). Good stewardship of resources will put us in a better position to help others in their needs (Ephesians 4:28).
- Saving prevents debt: The Bible characterizes debt as slavery (Proverbs 22:7). In the argument for saving, debt has a cost, which is why saving is a benefit to avoiding debt.
- Saving is an implement of balance: on the one hand, we must save and invest wisely; on the other hand, we need to put generosity into practice. In both cases, we need a heart full of gratitude to that merciful, kind and affectionate God (Psalm 107: 8-9).

Prayer:

Dear God, thank you for teaching me in the light of your Word that saving is a relevant issue in life. I ask you to help me practice each of your tips and to foster a balance between saving, investing and generosity. In the name of Jesus Christ, Amen.



Topic: Who says the train left you?



Verse: “Take delight in the Lord, and he will give you the desires of your heart.” (Psalm 37:4)

Development of the topic:

Have you heard this phrase: has the train left me already? or has the train left you already?

It reminded me of a beautiful story in the Bible about a man who had possibly missed the train (according to human thinking), but NOT in God's plans, because His timing is PERFECT. And so it was for Boaz and Ruth. Boaz was an older man, with his life made, who possibly saw love as far away. We don't know why he wasn't married, nor does the Bible mention it.

When you read the story of Ruth, you can see that God had a perfect plan for each one; death, widowhood, leaving her land, being a foreigner, being a Moabite, etc. did not prevent that plan from being fulfilled. Ruth arrived in God's time, she worked, she made an effort, and it is possible that in some way she rested in God. Boaz tells her that she is “blessed” because she took refuge under the wings of the Most High (Ruth 2:12).

For both Ruth and Boaz, all hope was at an end, but not for their Creator!!! Everything was written in the heart of God.

What makes you think that your life and future are not written in the heart of God? If you want to get married, wait on God.

Something affects these times, and it is the WAIT. We want everything NOW, but we must TRUST in God, and He will do, (Psalm 37:5). This requires that you no longer trust in your heart or your mind, but in God. Recognize that you belong to Him, that you are His creation and His plans for your life are better than your plans. (Prov. 3:5-6) God will send His promise to your life, according to His will. Ruth and Boaz waited and believed, and as a reward, God gave them the opportunity to marry.

Prayer:

Thank you Lord, because I know that my life is in your precious hands. Sometimes it is difficult to wait, but I will continue to trust only in you, because in your time and according to your will, you will work, in Christ, Amen.

Author: Wendy de Urizar- Pastor



Topic: Let's not stop practicing our spiritual disciplines



Verse: “Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God.” (Colossians 3:2-3 NLT)

Development of the topic:

Michael Pelps began training at the age of 7, with the goal of becoming the best swimmer in history. It wasn't until he was 15 that he won his first international competition and qualified for the world swimming championships. In that competition, he became the youngest swimmer to qualify for the US Olympic team in Sydney 2000. It wasn't until Athens 2004 that he won his first gold medal, not just one, but 6 and 2 bronze. After that, he didn't stop until he had won 28 medals: 23 gold, 3 silver and 2 bronze, thus becoming one of the most successful swimmers of all time. What did he do to achieve that goal? He stayed focused and trained hard.

He trained 6 days a week for 5 to 6 hours, swimming 10 to 12 thousand meters; on rest days, he sometimes worked as well. He had a balanced diet because he had one thing in mind: he wanted to be the best, to make history!

We call ourselves “Christians” but we do NOT study the Scriptures for even 5 minutes a day, we only pray at our 3 meal times, we do NOT fast, so we are NOT worshipers. This reflects 2 things:

a. that our focus is NOT on Christ as Hebrews 12:2 tells us, and b. that we are NOT ready for battle, as Paul teaches in 1 Timothy 1:18.

To be in “spiritual shape,” we need to exercise our interior, and thus achieve a “daily spiritual training” which includes: prayer (James 5:6), meditating on the Scriptures (John 5:39), fasting (Luke 5:33-35) and worship (John 4:24). Let's practice our spiritual disciplines!

Prayer:

Dear God, strengthen my faith every day. I want to be spiritually fit and be as you want. It is my desire to BE a true Christian! Help me to long for spiritual things more than material things. Amen

Author: Edwin Rubio- Educationalist



Topic: Ministering to the Lord with Excellence



Verse: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” (Philippians 4:8)

Development of the topic:

Human beings live in society, which means that we must interact in the different areas of our society, family, work, church, friendships, studies, etc. We have a role within the different areas of our life that we fulfill day by day.

Many times, we think that serving the Lord is only within the church. Of course it is important to serve in the different ministries of our local church, service is the result of gratitude to the Lord, we do it because we love him. However, being Christians is a lifestyle, that is, it affects all areas of our lives, in the different roles we carry out in society. Therefore, as children of God, we must be light and live with integrity. The Word teaches us in Psalm 16:1 that “The Lord takes pleasure in the upright of heart.”

In Philippians 4:8, the Apostle Paul invites us to be careful about how we act in the different areas of our lives. Are you being diligent? Let's think for a moment: Are we being prompt in taking care of the different areas of our lives? Are we reflecting Christ? Are we living in such a way that what we do pleases the Lord? Everything we do inside and outside the church, in the different roles we carry out, must be totally pleasing to the Lord.

Let's never forget to reflect Christ in everything we do. Let's remember that excellent service to the Lord implies punctuality and commitment to the tasks assigned to us wherever we are, because we serve Christ the Lord.

Prayer:

Lord, we thank you for the blessing we have of being able to serve you every day of our lives. Help us to be whole and give you our best so that we please you. Amen



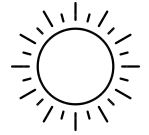
Verse: “How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?” (Romans 10:14)

Development of the topic:

Nowadays there are many ways to attract attention, ways that often make us compromise our principles, faith and values in order to fit into a virtual world that is difficult to satisfy. While Jesus was on earth, he emphasized that we are the light of the world, Matthew 5:14 “You are the light of the world; a city set on a hill cannot be hidden.”

Social media is a platform for mass outreach. We can be “followers of Christ” on Sundays and perhaps one more day during the week when we attend youth groups or other church activities. However, these may be the only days we post anything related to Christ, while the rest of the time our posts don’t reflect the true message. Using social media to share the message of salvation is an effective way to be a light in a world where darkness prevails.

Theme: Let's Shine!



“You will light my lamp; the Lord my God will lighten my darkness.” Psalm 18:28. Do you remember when you lived in darkness? Surely these are not pleasant memories. Many still live in this darkness and need God’s light in their lives.

Reflect: What are you sharing on social media? What kind of conversations are you having? If Jesus were your follower on social media, what would he think of what you post?

When we think of preaching the gospel and being a light, we often think of talking to strangers, which is fine. However, our friends, family, coworkers, and classmates also need Christ. You may be the only contact they have with the church and with God. What are you transmitting? Are you being church and light to them? Let us shine wherever we are!

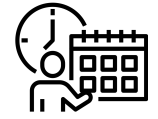
Prayer:

Thank you God for transforming our lives. We want to be light in a world full of darkness and reflect your love. In the name of Jesus, Amen.

Author: Sofia Barrientos-Nutritionist

July

Topic: Breaking the routine!



Verse: “When I discovered your words, I devoured them. They are my joy and my heart’s delight, for I bear your name, O Lord God of Heaven’s Armies.” (Jeremiah 15:16 NLT)

Development of the topic:

Have you ever discovered something that made you hungry to find out more?

We’re all used to falling into a daily routine, but when something extraordinary happens in our lives and it makes us want to keep doing it, it breaks our routine. We begin to change our way of living.

When we simply just include God among everything else in our daily lives, most of us wake up in a rush and agitated. But what would happen if we started putting God first? What if we started out our day with Him in His Word?

In today’s verse we are taught three things:

First, discovering the Word comes only to those who diligently seek it. When we see the benefits of the Word of God in our daily lives, everything else becomes secondary because it’s so refreshing that it satisfies our entire being.

Second: the word “devour” means “to eat with gusto.” God teaches us to approach His Word with a great appetite, hungry. Jesus Himself says in Matthew 4:4, “Man shall not live by bread alone, but by every word that comes from the mouth of God.” Let’s break that routine every day, so that, in addition to nourishing ourselves physically, we feed ourselves with the Word of God to start in a different way, putting God first every day.

Third, when God is our priority, we learn to rejoice. We find that peace that surpasses all human understanding and our hearts are filled with joy.

Let’s get out of our routine and dedicate time to God. May our communion with Him be constant and genuine. Knowing Him through His Word is better than food, because it provides us with energy for our daily life and provides us with spiritual health to continue growing in wisdom and grace.

Prayer:

Lord, thank you for teaching me to step outside of what I am so used to. Please help me to search your Word every day. Amen.

Author: Pablo Santiago- BI&PC

JOURNEY OF GRACE

August

Topic: Come with me, it's a difficult time!



Verse: “The Lord is good, a refuge in times of trouble. He cares for those who trust in him,” (Nahum 1:7)

Development of the topic:

Sometimes days can be tough. I once had a tough day at work when I was on the verge of despair and I was so frustrated by what was happening. I left the office crying and got into the car very angry and defeated; many things were going through my mind, and among them all, the word “resign” stood out!

I drove to the front door of my house and before getting out of the car, I called a person from my church whom I appreciate very much and whom I believe the Lord has given wisdom. After talking and praying together, I felt the embrace of the Lord very close to me.

The Word of God teaches us that Jehovah is our strength in the midst of anguish. He knows us. He knows what we would do and how we would act in difficult situations. He’s so good that He even sends us wise people who can guide us in these moments.

In Isaiah 41:10, the Lord tells us not to be afraid, not to be dismayed, because He is with us. It’s encouraging to read in this verse that the Lord will “always” help us and sustain us; this certainly fills us with hope.

As we go through certain processes in life, God provides us with the appropriate resources, teaches us and guides us to know which path to take and who to listen to. Today you may find yourself facing the loss of a loved one, you may have lost your job, or perhaps you feel lonely. Whatever your need, be assured that God will provide the way out that you need in this difficult time.

I invite you to seek God's help and let yourself be accompanied by people that He will send to help you. Put your trust in Him!

Prayer:

We thank you, Lord, for accompanying us in the midst of tribulation; thank you for putting wise people in our path who accompany us in difficult times. In the name of Jesus, Amen.

JOURNEY OF GRACE

Author: Norma Vicente – Administrator

August

Topic: Make the most of your past



Verse: “No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.” (Philippians 3:13-14 NLT)

Development of the topic:

There are mainly 2 types of people who live in the past:

1. Those who have had such a bad time that they haven't been able to forget and move forward, who blame and reproach day and night those who hurt them and want “justice,” which they ask for with hatred and an accent of vengeance.
2. Those who have done well have achieved many good things and do not want to improve, but rather feel that they haven't had enough celebrations and decorations, not moving forward by living in those achievements.

This can happen in any area of someone's life. The danger of this is to stay there and not want to move forward.

Paul writes to the Philippians from prison, suffering, being obedient, but having as his “reward” the whip, loneliness and contempt, which is not nice at all. Before this, he lived in abundance and joy, both material and spiritual, but none of these things prevented him from moving forward, because as a motto of life he said to himself: “I forget the past and fix my gaze on what lies ahead.” What a great lesson he gave us just with this phrase that should make us reflect!

God created an exceptional path for you, but it depends solely on you whether you want to walk it or whether you want to stay lamenting the bad things or just celebrating the good things from the past. Of course, neither of the two compare to what God has for you in the future. Don't use your past as a brake, use it as a testimony and inspiration.

Prayer:

God, thank you for my past; it makes me the person I am. I don't want to stay in it, I want, like Paul, to “press on until I reach the end of the race.” I need you in this process; please heal and cleanse my heart. Amen.

Author: Edwin Rubio- Educationalist

September

Theme: Everything has its time



Verse: “There is a time for everything, and a season for every activity under the heavens:” (Ecclesiastes 3:1)

Development of the topic:

Reflect on a crucial theme at this stage of your life: the wisdom of recognizing “a time for everything” (Ecclesiastes 3:1). In a world that demands haste and immediate results, it’s easy to lose sight of the importance of living each stage with due attention and responsibility.

Ecclesiastes presents us with a fundamental reality: life is cyclical and each stage has its unique purpose. There is a “time to be born” and a “time to die,” a “time to plant” and a “time to uproot,” a “time to weep” and a “time to laugh,” a “time for war” and a “time for peace.”

The wisdom of living each time lies in recognizing and making the most of each of these times. It’s not about rushing through the stages or clinging to the past, but rather about living the present fully and responsibly. For all young adults, this should be a time of preparation and growth.

It’s a time to discover your identity and purpose in life, to acquire knowledge and skills that will allow you to achieve your goals. You must seek God in prayer and closeness to His Word, and in this way, build your faith and face the challenges of life.

Taking on the role of a young adult implies acting responsibly and maturely, which will be reflected in the accuracy of each of your decisions, in the integrity of your ethical and moral values, in the firmness and coherence of your words and actions, in the seriousness with which you assume your academic, work, personal, ecclesiastical and any other kind of commitments. How are you taking advantage of “your time”? Are you living with wisdom and responsibility? Remember, everything has its time!

Prayer:

Dear God, please allow us to live each stage of our lives with wisdom, responsibility and maturity. May we take advantage of this time of preparation and growth to discover our purpose in life, and remember that you are in every step of our journey. Amen!

Author: Pamela Vargas– Architect

JOURNEY OF GRACE

September

Topic: Reaching maturity



Verse: “I am a friend to all who fear you, to all who follow your precepts.” (Psalm 119:63)

Development of the topic:

As we grow up, we not only face physical changes such as height or body weight, we also face a society that demands that we take responsibility for it every day. These responsibilities may include helping around the house with cleaning, passing classes at our study centers, or getting a job to financially support our family.

I can say that during my teenage years, I didn't take responsibilities seriously. I knew that I had to help with the cleaning at home, but I looked for any excuse not to do it. In class I knew that I had to get good grades, but I didn't pay the necessary attention to the teacher. However, I was able to understand in time that many of these attitudes were influenced by inappropriate friends who advised me to behave incorrectly.

A verse that helped me develop my maturity was “He who walks with wise men will be wise, but he who joins with fools will be destroyed” (Proverbs 13:20).

I understood, through the Holy Spirit, that my lack of maturity came from the influences I was allowing into my life. And that this made me a bad son, a bad friend, a bad citizen.

In Psalm 119:63, David states that he was a friend of those who feared God. This gives us to understand that we must surround ourselves with people who are seeking to be a good testimony of life, whose interests are focused on spiritual growth based on the Scriptures.

This is a difficult situation to face, but God gives us the opportunity to be with those who encourage us to reach maturity, not only spiritually, but in all areas of our lives.

Prayer:

Father, thank You for teaching us that our choices about who we surround ourselves with influence our lives. Please help us to be strong, and give us the wisdom to seek out friendships that encourage us to mature and take responsibility. In Jesus' name, Amen.

JOURNEY OF GRACE

Author: Jairo Beltetón - PC

October

Topic: Finding my space within the church



Verse: “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Ephesians 2:10)

Development of the topic:

Surely, many of us, at some point in our lives, have asked ourselves: What is my purpose in this life? How can I serve God? Ephesians 2:10 has become one of my favorite verses, which speaks about a great reality.

First: it says that we are his workmanship, created in his image and likeness, Second: that we are created for good works. This speaks of what we’re going to do that is good. And third, that God prepared a plan for us in advance and His purpose is for us to walk with Him. It’s wonderful to see how we not only have a Creator God, but also a Father who has a perfect plan for us to walk with Him and this will be for good.

Within the Church there are many ministries (Romans 12:6-14), and that is a great blessing. There are a variety of places where you can serve, but in order not to go from ministry to ministry, it is necessary that:

- You approach God and ask your Creator, who destined you for a good plan, what is your space or ministry within the church? I assure you that He will guide you and you will be able to fulfill that plan, because He prepared it beforehand, so that you would occupy that space.
- Serve God with all your heart, honor Him with your life and be thankful for this privilege. 1 Peter 4:10 tells us that God gives us these gifts to manage well, so use your gifts and talents and serve, but serve with all your heart (ministries: praise, maintenance, compassion, audiovisuals, social service, cameras, ID, etc.). It would be good to take a spiritual gifts test, this will help.

Prayer:

Thank you Lord, because I am in your plans. I ask you to guide me and enlighten me to seek the ministry that you have for me, and I ask that I can do it in the best way out of gratitude and love for you, in the name of Jesus, Amen.

Author: Wendy de Urizar – Pastor

JOURNEY OF GRACE

October

Topic: The importance of a hobby



Verse: “A fool finds pleasure in wicked schemes, but a person of understanding delights in wisdom.” (Proverbs 10:23)

Development of the topic:

I confess that I’m passionate about video games. And I have had to learn to know how to choose what I can play and what I cannot play. I have learned to discard many video games by analyzing the content, reactions or emotions that it may provoke in me every time I consider playing it.

I remember that in my adolescence, I encountered situations where the frustration and anger of not being able to overcome a level in the game caused me to have abrupt and effusive reactions.

On one occasion I hit my desk so hard that my parents came into my room very scared, because they thought something bad had happened to me, but when they saw that it was a reaction that I had due to the game, they gave me the wise words that today I deposit in this devotional: “Son, take care of your mind, if this hobby causes negative reactions in you, it’s not good for your life.” It was difficult to understand at that moment the truth that those words

contained. In the search to know more about God, I found its source when I read in Proverbs 4:23, “Guard your mind more than anything in this world, for it is the source of life.”

God helped me understand that any hobby we may have must be aligned with His Word so that it doesn’t lead us to corrupt our mind or our heart and provoke in us incorrect attitudes. We must be wise to manage the time we dedicate to this activity. For this, it’s good that we can analyze its content and have established schedules in which it doesn’t affect our responsibilities.

Prayer:

My good God, we thank you for understanding our hearts. We also thank you for your Word that advises us and shows us that even in our hobbies, we must honor you with our minds and our actions. We ask you Holy Spirit so that we may have your guidance and that you may make us uncomfortable when one of our hobbies doesn’t bless our lives, and then help us take action to make a change, Amen.

Author: Jairo Beltetón - PC

JOURNEY OF GRACE

November

Topic: A good opportunity to sponsor



Verse: “As the body without the spirit is dead, so faith without deeds is dead.” (James 2:26).

Development of the topic:

What are good works? Being a Christian is not just about talking nice, dressing elegantly or singing nicely. On the contrary, it is DOING good. This is a generation that seeks to do good things to impress others, but God's purpose for us is that we do good works (Ephesians 2:10) from hearts of love. Those are what bring life, hope, love, comfort, direction and truth. These good works must be seen by this generation so that they know Jesus through us. Jesus Christ showed this, but in what way? Preaching, comforting, crying with those who cry, celebrating with those who celebrate, bringing love, being a friend, accompanying, giving hope, healing, and showing that we love even those who don't deserve it.

A phrase said by Jesus that always rings in my mind when we talk about this topic is: “Just as you did it to one of the least of these, you did it to me” (Matthew 15:40).

That is, our good works to others are as if we were doing them to Him. We must understand that we are called to do good works, not to be seen, but so that people may see Jesus.

Today I want to challenge you to seek to do good works for Christ, but how could you do it? You could do it through sponsoring a child, helping with a young person's education, or some other good deed.

The Church of the Nazarene has several ministries where we have the opportunity to reach many lives. Many of us cannot go out to do good works in remote places, but through offerings and sponsorships it is possible.

Remember, faith without good works is of no use; in reality, it is our faith that leads us to do good works.

Prayer:

Thank you Lord for giving me the opportunity to serve through the sponsorship ministry. I ask that my faith and good works grow in me. In Jesus, Amen.

Author: Wendy Ayala – Pastor

November

Topic: Happy Singles!



Verse: “I wish that all of you were as I am. But each of you has your own gift from God; one has this gift, another has that.” (1 Corinthians 7:7)

Development of the topic:

In some cases, 35 percent of the church are single adults. Their situations vary, including age, circumstances, and experiences; some have never been married, others are divorced or widowed. Some have chosen to be single and are content to be so; others long to be married and are frustrated.

What does the Bible say about this?

1. Singleness is a gift from God. It’s amazing how positive the New Testament is about singleness. Paul sees singleness as a “gift” (1 Corinthians 7:7), and Jesus says it is good “for those to whom it has been given” (Matthew 19:11). If singleness is a gift, then it should be lived with joy and rejoicing. We don’t discount that marriage is good because it was established by God, but so is singleness, for those to whom it has been given.

2. Being single is advantageous: In 1 Corinthians 7, the apostle Paul mentions two advantages of being single.

- Singles are free from the “troubles” of marriage. It is worth mentioning that there are many blessings in marriage, but there are also difficulties; Paul says, “I want to spare you from this” (1 Corinthians 7:28).
- Single people can devote themselves more fully to God’s work. (1 Corinthians 7:32–34) That means that rather than focusing on the difficulties of being single, all who are single should make the most of the advantages of the gift of singleness while they have it.

We thank God for the gift and advantages of being single. While you are single, take advantage of it, practice the fruit of the Spirit. It is easy to fall into a selfish, individualistic lifestyle and into sexual sin, whether in thought or action; remember to keep your eyes on Jesus, be happy!

Prayer:

Lord, thank you for my singleness. Please help me to take advantage of and enjoy this gift. Amen.

Author: Rosario Xuc –Theologian

JOURNEY OF GRACE

December

Theme: True strength



Verse: “That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.” (2 Corinthians 12:10 NIV)

Development of the topic:

Throughout history, many people have gained political power believing they knew everything, not accepting help from anyone, or surrounding themselves with people who said “yes” to everything. This brought them their worst ruin, because maintaining, in the eyes of the people, that status of “infallibility” is very hard. It makes people withdraw from their lives or fear them for their arbitrariness.

The same thing happens in our lives we take control over them and many times we take power away from God. We want to manage everything ourselves because we believe that, by knowing a little about the Bible, by praying a little and fasting a little, we already know it all. That is where our ruin begins, because little by little we move away from God.

- God, the one who truly knows everything, knows the path from beginning to end. The question is: Why don't we let Him have the power over our lives? That would be the most logical thing to do.
- The Apostle Paul in 2 Corinthians 12:10 is not saying that he likes insults, being put in jail or being treated badly. In fact, he suffered a lot from this. He understood that God was still in control despite not seeing or hearing Him in his darkest days. He understood that God was guiding him and that he had to go through this to be a better person, to achieve what had been entrusted to him. Those bad things did not worry him; he knew that, at the right time, God would rescue him. He should not trust in his own strength, which runs out, but in God's, which is infinite. In what strength do you trust?

Prayer:

Thank you God for your love for me and for freeing me from evil. I don't want to trust in my strength but in yours. Please help me to seek you and give you everything I am, Amen.

Author: Edwin Rubio – Educationalist

Journey of Grace

December

Theme: Taking care of the temple!



Verse: Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? (1 Corinthians 3:16)

Development of the topic:

Suddenly someone might be thinking something like, "It's my body and I can do with it whatever I want." The wise man said in Ecclesiastes 11:9, "...follow the desires of your heart and the desires of your eyes. But know that for all these things God will bring you to judgment."

God in his sovereignty gave us a body to take care of, which makes us responsible since at the end of time, we will give an account of what we did with it. In 1 Corinthians 3:16, the apostle Paul reminds God's collaborators that they already know that they are the temple of God and that the Spirit dwells in them. Likewise, if anyone destroys the temple of God, God will destroy them because this temple is holy.

We must be aware that there is a purpose behind everything God made, and the creation of the human body is no exception. The question is:

- How are we taking care of this body? The way we do that will be reflected in our way of thinking, the things we let in through our senses, dietary practices, physical exercise, etc.

The purpose of this devotional is to reflect on the importance we have given to the care of the temple and, if we still don't meet the expectations of the Scriptures, to take small steps that will surely have a great impact on the well-being of our health. Let's see our body as a valuable treasure and treat it with love and respect. Let's remember that we are the dwelling place of the Holy Spirit because we have been bought with a price. Therefore, it's necessary that we glorify God in our body and in our spirit (1 Corinthians 6:19-20).

Prayer:

God, thank you for teaching me through Scripture that by taking care of my body, I glorify you. Please help me to watch over it at all times with commitment and responsibility. In Christ, Amen.

Author: Rosario Xuc -Theologian

Journey of Grace