

WEEK 3: MIRACLE OF PROTECTION

Have you ever looked back on your life and thought, “*How did I make it through that?*”

A near-miss.

A closed door you didn’t want at the time.

A breakup, a breakdown, or a moment you thought would break you.

I still remember the moment I found out I was pregnant with my daughter. I was 23 years old — a college dropout, drowning in debt, stuck in unhealthy relationships, bouncing between shady jobs, and carrying almost no sense of self-worth.

That tiny heartbeat entering my world didn’t feel like a miracle.

It felt like punishment.

A consequence I was meant to endure, a reminder of my poor choices, a weight of shame and embarrassment I couldn’t escape.

But here’s what I couldn’t see then:

That blue-eyed, joyful baby would become my saving grace.

She would become the reason I fought harder, the reason I pursued healing, the motivator and protector God used to write the next chapter in my a better story. She would be my reason that I’d pursue different choices and a healthier path.

Looking back today, I can see God’s fingerprints all over my life. From being moved out of poverty/addiction as an infant and placed into the foster care system...to most recently the intuition of turning down a role not suited for me.

Every chapter carefully crafted, every near-miss, every painful detour — even the seasons when I was running hard in the opposite direction.

He was there, shielding me, redirecting me, rescuing me, long before I even knew I needed saving.

Here’s my challenge for you this week:

Reflect on your past — where has God protected you?

Ask yourself — what did that protection *lead* to?

Reframe your present — where might God be protecting you right now, even if it doesn’t feel like it?

This isn’t just about physical safety; it’s about His soul-guarding mercy.

It’s about trusting that even in the storm, God has a plan.

And it's about learning to pray, worship, and walk forward with faith — because His protection isn't just behind you.

It's ahead of you, too.

Day 1: Long Before the Problem, God Has a Plan

Read: Jonah 1:1–6, Romans

Reflection:

Jonah ran from God... straight into a storm — yet, God already had a plan for his rescue. When we see Jonah's life - we can see that miracles point to God's heart, but they don't guarantee a pain-free life.

God's protection DOES NOT mean we'll avoid every storm; it means He's present *in* the storm and working for our good. Jesus quite bluntly states that in this life we will have trouble...we live still in a broken world where the devil is present and seeking to kill, steal, and destroy as much as possible. Yet, our faith in God's protection - where He's working consistently for our good is where the miracle happens.

Journal Prompt:

Where can you look back on your life and see God's hand working in protection? How did that experience shape your trust in Him?

Day 2: Sometimes God Protects Me... From Me

Read: Jonah 1:7–17, Matthew 6:13, John 10:28-29

Reflection:

Jonah's biggest threat wasn't Nineveh; it was his own heart. How true this is for so many of us - How many times have you been misguided by emotions? Or guided by your flesh rather than wisdom?... Sometimes God's greatest act of protection is rescuing us from *ourselves* — pulling us back, blocking a path, or even letting us get caught. And here's the deeper truth: God doesn't just protect our *circumstances* — **He guards our souls**. Most people think "protection" means *physical safety* — but Scripture teaches a much deeper kind of protection: protection of our future that is found in Him.

- **Spiritual protection** from evil (Matthew 6:13, "*Deliver us from evil*").
- **Protection from ultimate harm** (John 10:28–29, "*No one can snatch them out of my hand*").

Journal Prompt:

Where has God protected you from destructive choices or attitudes? How does it change your view of Him to know He's guarding not just your body, but your heart and future?

Day 3: God's Protection Often Comes Through Others

Read: Psalm 37:39–40, Acts 12 (Peter's rescue from prison)

Reflection:

Sometimes we want a “supernatural” miracle — but God often works through community, relationships, or even unexpected helpers (like the sailors who spared Jonah, or the angel who freed Peter). **God's provision frequently comes through the hands of others.** It's why satan will attempt to distance you from your friends and relationships that will do their best to protect you...and why it is incredibly important maintain and build trusted relationships with people who will truly pray and protect you!

Journal Prompt:

Who has God used in your life as a vessel of His protection? How might you be part of someone else's protection or rescue?

Day 4: Worship and Pray with Eternal Perspective

Read: Matthew 6:13, Revelation 21:4

Reflection:

Jesus teaches us to pray, *“Deliver us from evil.”* But even more, He promises ultimate protection: one day, no more tears, no more death, no more loss. **We live in the tension of the “already, but not yet” — trusting in God's present care while looking toward His final victory.** When we make the choice to worship in the midst of suffering, trials, or unpleasant circumstances we are choosing faith over fear and our belief in what's to come. Our worship isn't just thanking God for near-misses; it's declaring trust in His eternal plan. Ask yourself this challenge: Am I worshipping God for the eternal protection we're promised, or only asking for momentary rescue now?

Journal Prompt: Where are you looking for God's protection in your life? How can you worship today, even as you wait for the final promises of heaven?