

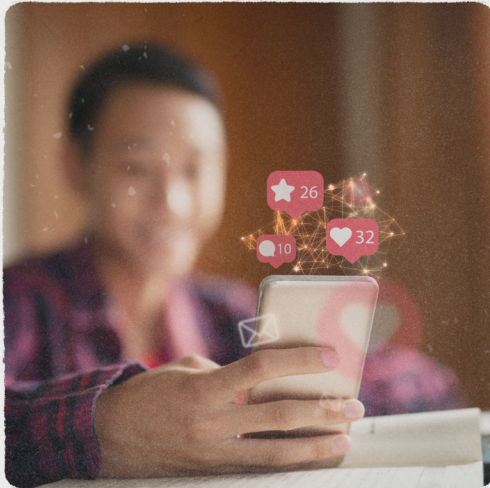


Week 3

No Emotional Reactions
Before 12PM

Third Word — John 19:25–27
“Woman, behold your son...
Son, behold your mother.”





WEEK 3

March 8-14, 2026

THIRD WORD:

John 19:25-27

WEEKLY FAST:

No Emotional Reactions
Before 12PM

(Pray before responding. No heavy conversations before noon.)

MONDAY, MARCH 2, 2026

Family Manners in Fragile Matters

Good Friday was not just a painful day – it was a personal day.

Jesus is suspended between earth and eternity. Blood is leaving His body. Breath is becoming expensive. Time is running out. Yet in the middle of physical agony, He turns His attention to family. “Woman, behold your son... Son, behold your mother.” That is not survival language. That is stewardship language.

He is dying – yet devoted.

Suffering – yet sensitive.

Bleeding – yet building.

Pain is present, but it does not preside.

Most of us handle pain in one of three ways: we bury it, we broadcast it, or we bleed on whoever is closest. But Jesus models something higher. He does not allow personal suffering to cancel relational responsibility. Spiritual maturity is measured by relational consistency. It is easy to love when life is light. It is harder to love when life is heavy. Yet on the cross, Jesus proves that purpose does not excuse neglect. He does not say, “I’m hurting, so I can ignore you.” He says, “I’m hurting, but I still see you.” The cross teaches us that faith must travel home. If your worship only works in church but not in your family, it has not fully matured. The authenticity of your devotion is tested in the fragility of your relationships.

Pain explains behavior – but it does not excuse abandoning love. This week you are fasting from emotional reactions before noon. That means before you respond, you reflect. Before you react, you pray. Because unmanaged emotions can injure the very relationships God assigned you to protect.

Jesus protects His mother’s future while facing His own death. He ensures she is covered. And here is the devotional truth: Pain does not cancel responsibility. It clarifies it.

If you are going to loveWELL, liveWELL, and leadWELL, you must maintain family manners in fragile matters.

REFLECTION:

*When pressure increases,
does your compassion
decrease?*

*Are you allowing pain to
spill onto people God told
you to steward?*

PRAYER:

Lord, teach me to remain loving when life feels heavy. Guard my emotions this week. Help me pause before reacting and pray before responding. Let my faith travel home. Amen.



WEEK 3

March 8-14, 2026

THIRD WORD:

John 19:25-27

WEEKLY FAST:

No Emotional Reactions
Before 12PM

(Pray before responding. No heavy conversations before noon.)

THURSDAY, MARCH 12, 2026

Adopted at the Cross

The cross was not only a place of crucifixion – it was a place of construction. While nails hold Him down, Jesus builds family. “Behold your son.” This is more than affection. It is adoption. Redemption brings you out. Adoption brings you in. At the cross, Jesus does not just die for sin – He designs belonging. From Genesis forward, humanity has lived with the fracture of separation. Adam’s disobedience created spiritual orphanhood. We were alive – but alone. Breathing – but disconnected. But before we failed, God had already formed a plan. Paul tells us in Ephesians that we were predestined for adoption through Jesus Christ. That means God’s decision to bring you in was made before your mistakes ever pushed you out.

Adoption means access.

Adoption means identity.

Adoption means inheritance.

You are not tolerated in God’s family – you are chosen. When Jesus speaks the third word, He is previewing what the sixth word will finalize. “It is finished” will settle the payment, but here in the third word, He reveals the purpose: family restoration. You are not on probation with God. There is no spiritual return policy. Adoption means your past cannot revoke your place. And here is the pastoral truth for your week: When you know you belong, you stop performing for acceptance.

Many of our emotional reactions come from insecurity – from trying to prove our worth or defend our place. But adoption settles that tension. You do not have to fight for belonging. The cross secured it.

So before noon this week, before emotions rise, remind yourself: I am already received. I am already secured. I am already loved.

If you are going to loveWELL, liveWELL, and leadWELL, you must live from adoption – not anxiety.

REFLECTION:

Are you reacting from
insecurity or responding
from identity?
Do you live like a guest in
God’s house — or a son?

PRAYER:

Father, thank You for adopting me through Christ. Anchor my identity in Your love. Calm my reactions with the confidence that I belong. Let me live as Your child this week. Amen.