



BOUNCE BACK

3-DAY DEVOTIONAL

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3-DAY DEVO

WELCOME

Welcome and thank you for taking time out of your day to read about what the Lord has done in my life over the last 2 years. This time last year (2020), I truly didn't think I would make it through. However, the Lord has been ever so faithful, as he's always been to see me through, and that's what I want to share with you guys. In this 3 -day devotional, I will be sharing how God restored my life in ways I never thought possible. In the midst of trials, I thought that God must be punishing me for the things that I've done in my past; no, he was growing something in me. There were times that I felt so abandoned and he reminded me in so many ways that he was right there with me holding me, comforting me, renewing me. I didn't understand the purpose of the lesson I was to learn at the time, but looking back over it now, I couldn't see it any other way. I probably already said too much. I hope you enjoy this 3 - day devotional. Please don't hesitate to reach out to me if you have any questions, input, or want to share how this has impacted your journey.

DAY 1

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At the start of 2020, my husband and I began a new journey. A journey I never thought would be apart of our story. On Monday, January 6, 2020, after 13 years of marriage and 2 years of actively trying to conceive, we received the news that we dreaded to hear for so long; we'd never conceive a child naturally. This event was a lot for us to process while still trying to heal from events prior.

At the end of 2019, I joined my husband as he mourned his grandmother's death a few days shy of Christmas. Before receiving the call about her passing, we were healing from a five-year-long service in ministry that came to an abrupt end. At the start of 2020, we were hopeful as we entered through the doctor's door, which took us months to get scheduled for. However, after 3 days of testing, our doctor informed us of our status and the next steps. As we pursued the "next steps," we did so without the support of a local body (church), family; no support. My husband and I fell into a deep depression as our hearts slowly shattered into pieces with each passing month. My sadness turned into anger, and then anger turned into bitterness. However, as I was laying in my bed, healing from surgery in correlation to infertility, I knew I could no longer continue down this path.

As I laid there, sobbing and crying out to the Lord, I turned to my YouVersion Bible app, pressed play, and listened as it read through the book of 1 Samuel. In hearing Hannah's prayer to the Lord in 1 Samuel 1:10-20, I instantly identified with her pain. However, as the passage continued, I was reminded of the power of prayer and God's love for us; He loves us in such an intimate way. From that day forward, I saturated myself with the things of God. I occupied my day with prayer, sermons, and reading my bible; I needed biblical truth to be louder than the sadness, depression, and bitterness I felt in the moment. My circumstances didn't change, but my response to them did. Despite feeling angry and confused about my circumstance, God reminded me that I wasn't meant to carry the load alone, and neither are you.

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SCRIPTURE

- 1 Samuel 1:10-20;
- Matthew 11:28-30;
- James 4:6-101
- John 3:1-3

PRAYER

Dear Lord, be the peace that comforts my weary heart. Lord, I know that the life you've called me to is a path filled with trials along the way. Lord, I pray for the trials that I'm currently facing. I ask that you will let them do the work in my life that produces endurance [or patience] (James 1:3).

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Discontentment creeps into our hearts when we buy into the idea that God owes us a life path with ease. As my husband and I embarked on our new journey in 2020, I received calls about family members and friends expecting a child. Sadly, some of the pregnancies were unwanted, and the mother questioned if she would see the pregnancy through. Upon hearing this news, my already broken heart cried out in anguish. I was infuriated. How could God, the one I love deeply, whom I sacrificed my career to follow, and lost friends over being too radical; how could He do this to me? Whether aware of it or not, I had bought into the idea that being a follower of Christ meant my life would be free of struggles.

Discontentment found a door into my heart; its food was my anger and bitterness. It wasn't until I decided to saturate myself in the things of God that I saw how deep it was growing. As I began to dive deeper into studying the bible and prayer, God began shifting my focus from comparing my life to others to finding my life in Him. I began to find joy in the life that God has called me to. My prayers also changed from praying away my pain to "Lord, while I'm in this season, what would you have me to do?" Reiterating my closing remarks in Day 1, "my circumstances didn't change, but my response to it did."

DAY 2

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CONSIDER THIS TODAY

1. To who, what, or where do I run when I feel overwhelmed with the trials I'm facing? The Creator or created?
2. Do I truly believe in the God of the Bible? Or have I created a god that fits my preferences?
3. Do I truly believe that God is with me and cares about what I'm experiencing? And If he does, do I then believe that He truly has the ability to change it?
4. Do I struggle with believing God has the ability to change my situation, or am I afraid of God changing my situation and removing my comfort zone...? Because, after all, it may be chaotic, but at least it's familiar.

PRAYER



Lord, restore whatever is broken within me. Shine light on the things that have gone unchecked in my life. Help me find joy in the life YOU called me to, even when it's not the life I pictured for myself. Lord, as trials do their work at producing steadfastness, help me to bask in your peace and let go of whatever it is that prevents me from grabbing hold of your sovereign hand. Lastly, align my heart with your written word and focus my eyes solely on you.

- SCRIPTURE**
- James 1: 2-18;
 - Romans 5:1-11;
 - Romans 8: 26-31

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Restoration begins by letting scripture be a mirror to our hearts and brave enough to face whatever it reveals. I've heard some say, "Oh, I don't sin, maybe a mistake or two, but I don't sin," yet saw no fault with gossiping. When we feast on God's word, the truth of who we are is revealed. If we fail to examine ourselves with His word, we can go on believing such things, and as a result, we suffer, our relationships suffer, and friendships suffer. A pride issue is usually the culprit that prevents us from truly healing and being restored.

As you reflected on the questions from day 2, were you honest with yourself? Or did you respond with what you've been taught to say? Did you have an honest conversation with yourself and God?

As I shared on day 1 of this devotional, my husband and I left a 5-year-long service in ministry, not due to any moral failures on his part, but personality differences and financial reasons. Ministry looks different on the leadership side of it. As a wife of a leader, certain things are expected of you, such as how you speak, dress, and interact with others. True, most jobs expect their employees to present themselves a certain way while at work, but there's no clocking out of ministry. Small groups can be isolating because everything you share is up for critique, at least in my experience.

As the years passed, I became a shell of who I use to be, formed in the likeness of everyone's expectations. So, after our time in that ministry ended, I didn't know who to be anymore. I didn't know how to be apart of the body in a different vocation again. I had been this character for so long—a person who lingered in the shallows yet yearned for depth. I had become afraid of asking myself deep questions because I was terrified of how I would respond if I allowed myself to be truly honest. This experience and those thereafter are why I'm so adamant about being transparent. Because, after all, it's you who has to live with yourself at-the-end-of-the-day. If your home is in disarray, then everything that comes out of it will be too.

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SCRIPTURE

Reflect on the scriptures below as you sit with God in prayer today.

- Ephesians 4:17-32;
- Isaiah 40:28-31;
- Isaiah 55;
- James 5: 13-16;
- Psalm 51:1-17

PRAYER

Lord, I trust that you have a plan for this life, my life you've redeemed. Lord help me continuously rest in that plan even when the pangs of life seem overwhelming. Father, I am deeply grateful to be known and loved by you. Your love chastises me, restores me, and leaves me in awe of you. Lord, I asked that you continuously help me to live authentically before all. Remove the stubborn pride that pulls me away from being exposed before powerless men. Lord, I ask that you take away the fear of being truly known by the body of believers you've placed in my life. Lord, give me the strength to walk fearlessly in my calling and not bound expectations of being someone I am not. Lord, let my imperfect life be the arrow that points to one who is perfect; Jesus.

THAT'S ALL, FOLKS

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let me know something!

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