



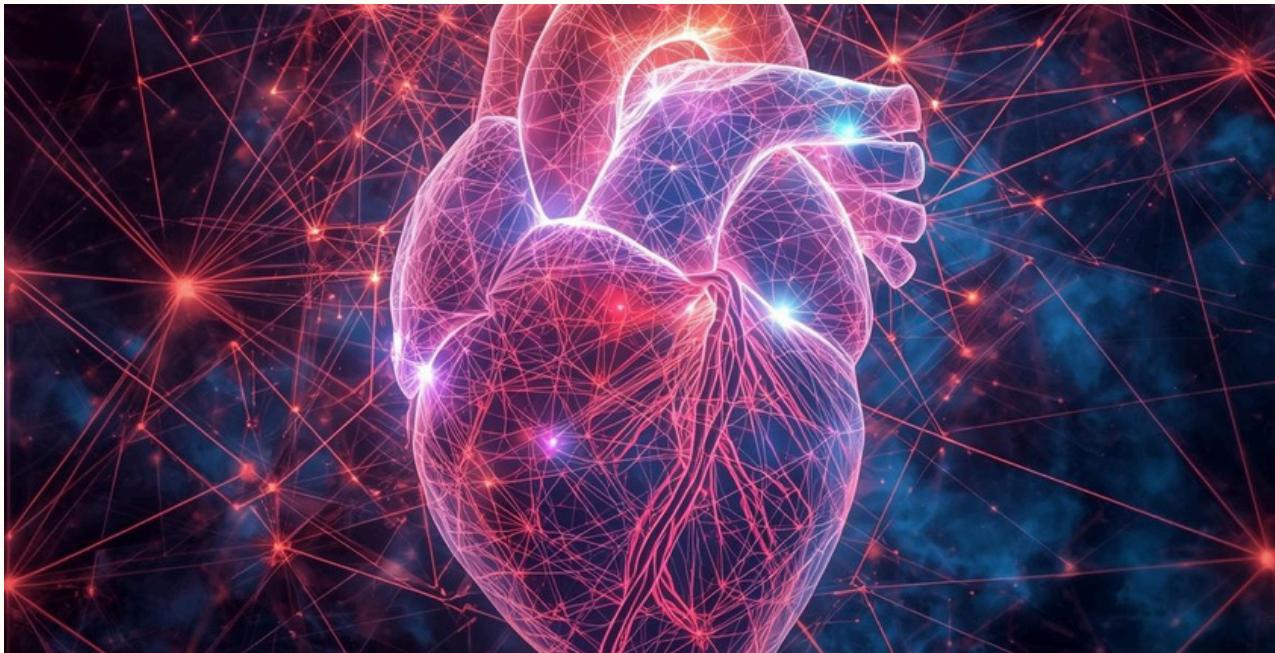
**ONE**

Devotional 2026



**20 YEARS  
RESTORING FAMILIES  
WITH GOD**





# ONE HEART

PROVERBS 4:23 NLT

***GUARD YOUR HEART ABOVE ALL ELSE, FOR IT DETERMINES THE COURSE OF YOUR LIFE.***

The way to guard the heart is by renewing the mind—the way we think. Through thoughts, the mind fulfills the function of processing and concluding. Everything that is concluded ceases to be a thought and becomes a feeling; a desire that descends to the heart and expresses itself as our will.

For example: If someone says something that bothers us, our thoughts immediately begin to battle in our mind. Some will tell us: "Don't let it affect you, overlook the offence." Others, on the other hand, will tell us: "Defend yourself! It's not fair, you don't deserve that. Return the offence!" The thought that wins becomes the conclusion of your mind (perception). This perception descends to the heart, and there the will is expressed based on what your mind concluded about what happened and how the situation should be handled.

*For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you."*

**Mark 7:21-23 NLT**

It is the heart that gives life to thoughts. If you let the thoughts of the spirit prevail and decide to overlook the offence, forgiving the person who said or did something against you, then good thoughts toward that person will flow from your heart. You will continue to love them and, above all, you will be at peace and happy. However, if you let your flesh take over, your heart will now feel hurt, pained by the situation, and will want you to do something; it will desire revenge and you will feel offended, angry, dissatisfied, and annoyed. As a consequence, bad thoughts toward other people, negative words, judgments, criticisms, and much more will arise from you. All this will happen because your heart governs your will and by not protecting your mind, your heart becomes vulnerable.

If we want to prove that God's will is good, pleasing, and perfect then we must trust in it. This means trusting in his Word, renewing our minds with his design and plans, and surrendering our will so that his will may be done.

*For I have come down from heaven to do the will of God who sent me,  
not to do my own will.*

**John 6:38 NLT**

This was Jesus' example: battling the thoughts in his mind (temptations), and in doing so, resolving not to do what his flesh told him but what the Spirit desired. "His will, not mine."

The resources, the gifts, the abilities, the connections, the influence—in short, everything we need to live the abundant life for which we were created—is found in doing the Father's will.

*But Jesus replied, "I have a kind of food you know nothing about." Then Jesus explained:  
"My nourishment comes from doing the will of God, who sent me,  
and from finishing his work".*

**John 4:32,34 NLT**

In his perfect design, the Father has not allocated resources for us to do our own will. This is why we often find ourselves enslaved to the world's economic system, even within the church because by living according to our own will, we also choose to support ourselves. Conversely, when we live to do our Father's will, He Himself will make the resources allocated for his Kingdom available to us.

*So Jesus explained, "I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.*

**John 5:19 NLT**

When we renew our minds and unite to carry out one will (God's), we become of one heart with the Father, the Son, and the Holy Spirit. Victory, resources, and everything necessary to do his will are guaranteed. That is the Power of the ONE to rule on earth and, in that way, do his will and establish his Kingdom.

### Application:

- Are you guarding your heart by filtering your thoughts through the Word of God?
- Whose will are you carrying out? Your own or that of your Heavenly Father?
- Are you anxious about what you will eat or what you will wear? That could be an indication that you are not of one heart with God.

### Prayer

Heavenly Father, I long to be one with You. I want to align myself with Your Truth and Your will. Thank you for revealing to me the importance of guarding my heart, for it determines the course of my life. Today, I choose to protect my heart by protecting my mind. I choose your thoughts instead of giving free rein to my emotions. I choose to rest in You, knowing that You care for me. I choose to set aside my own will and always choose to do Your will. Holy Spirit, today I ask for Your help to trust in God's Word and to rest in Him. Like Jesus, I don't want to do anything on my own but rather do what I see You doing. I want to be a living reflection of Your love and stop worrying or being anxious about resources and results. Now I understand that by dedicating myself to doing Your will, You Yourself will sustain my life and my family. I thank You for helping me understand and for Your faithfulness which always leads me to love and know You more and more. In Jesus' name. Amen!



20 years restoring families