

IT'S NOT GOOD

A 5-Day Devotional

Based on the Message Series: Home Training
Pastor Lawrence Williams | Higher Purpose Church

"Multiplication is impossible in isolation."

How to Use This Devotional

This five-day devotional is designed to take you deeper into the truths explored in the message **It's Not Good**. Each day focuses on one core theme, guides you through Scripture, and closes with reflection questions, a prayer, and a practical challenge. Work through it alone or with your family — either way, you'll get the most out of it if you're honest.

Each day includes: a key Scripture, a devotional reading, three reflection questions, a prayer, and a daily challenge.

DAY 1

God Is the One Who Defines Good

Monday

"It is not good that man should be alone; I will make him a helper comparable to him." — Genesis 2:18

TODAY'S READING

Before God ever said anything was wrong, He said everything was **good**. The sky — good. The land — good. The animals — good. But the word *good* in Genesis doesn't primarily mean morally excellent. It means **fit for purpose**. Appropriate. Optimally aligned to accomplish what it was made for.

The moon is good because it reflects the light. The animals are good because they reproduce after their kind. And when God looks at Adam — He doesn't say Adam is broken or bad. He says the *situation* isn't good. Adam is not optimally situated to accomplish his purpose.

Here's what that means for you: God is the only one qualified to evaluate your life, because He is the only one who knows your purpose. The enemy doesn't get a vote on your value. But here's the part we often miss — **you don't get the final vote either**. God does.

Some of us spend enormous energy contradicting what God says about us. We call it humility, but contradicting God's Word over your life isn't humility — it's pride wearing a church outfit. When God declares something good, that settles it. When God says something needs to change, that's not rejection — it's His investment in your purpose.

Adam didn't know he had a problem. He was in the garden, at peace, unaware of the gap. But God saw it. And God addressed it. That's the kind of Father He is — attentive to gaps we haven't even recognized yet.

REFLECTION QUESTIONS

1. In what areas of your life have you been listening to the wrong voices — the enemy, your own insecurities, or comparison with others — instead of what God says about you?

2. Is there a situation in your life right now that feels fine on the surface, but God may be showing you a gap you haven't fully recognized?
 3. What would it look like to let God be the final word on your value, your purpose, and your next step?
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PRAYER

Father, You are the one who defines good — not me, not the enemy, not the opinions of others. Forgive me for the times I have contradicted Your Word over my life and called it humility. Today I choose to receive what You say about me. Show me the gaps I cannot see from the inside. I trust that when You say something needs to change, it is because You have a purpose I haven't fully stepped into yet. Align me to Your design. In Jesus' name, Amen.

DAILY CHALLENGE

Write down one thing you have been saying negatively about yourself. Then find one Scripture that directly contradicts it. Tape it somewhere you will see it every day this week.

DAY 2

The Danger of the Default Setting

Tuesday

"I will exalt my throne above the stars of God." — Isaiah 14:13

TODAY'S READING

Relaxation is not sin. Rest is a gift from God. But there is a difference between rest as **recovery** and rest as **a goal**. When comfort becomes the destination — when we organize our entire lives around getting back to ease and avoiding anything demanding — we have slipped into a mode God never designed us to live in.

This inward pull didn't start with us. Before Adam and Eve ever sinned, there was another rebellion. Satan declared, *"I will exalt my throne above the Most High."* It was about him. Self-focus. Inward orientation. And when sin entered humanity through the fall, that same spirit infected our default settings. We now lean naturally toward our own comfort, our own pain, our own needs.

Think about how we live. We work for retirement. We live for the weekend. We spend our weeks counting down to Friday. Everything in our homes is designed to help us relax, recover, and return to a state of ease as quickly as possible. And none of that is wrong in itself — but when it becomes our *why*, we have a problem.

One leadership researcher noted that most people spend more time planning a one-week vacation than they spend planning their life's purpose. Studies suggest the average person invests over 200 hours planning a single trip. How many hours have you invested this year seeking God's purpose for your life?

Adam was content in the garden. God had to show him what he was missing by parading the animals before him — each one with a partner, each pair able to do what Adam could not do alone. When you are internally focused, you cannot see your own blind spots. God has to show you. And He will — if you're paying attention.

REFLECTION QUESTIONS

4. Be honest: is comfort currently your goal or your recovery? How is that showing up in your daily choices?

5. What has God been trying to show you that you may have missed because you were too focused inward?
 6. If you spent as many hours seeking God's purpose for your life as you do planning leisure, what might change?
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PRAYER

Lord, I confess that comfort has sometimes become my goal rather than my recovery. I recognize the pull toward inward focus — toward protecting my peace, managing my life, and avoiding the hard things. Today I ask You to interrupt my default settings. Show me what I cannot see from the inside. Give me eyes for Your purpose and a heart willing to be redirected. I don't want to spend my life planning vacations from a calling I never fully accepted. Refocus me. In Jesus' name, Amen.

DAILY CHALLENGE

Set aside 30 minutes today — not to rest, not to scroll, not to plan a trip — but to sit with God and ask one question: "What have You been trying to show me that I've been too comfortable to see?" Write down what surfaces.

DAY 3

Isolation: Torture You're Choosing

Wednesday

"It is not good that man should be alone." — Genesis 2:18

TODAY'S READING

In 2011, the United Nations Special Rapporteur on Torture called on every country to ban solitary confinement — classifying prolonged isolation as a form of torture. The documented effects include anxiety, depression, paranoia, psychosis, and hallucinations. These symptoms are so consistent among those placed in isolation that psychiatrists gave them a name: SHU Syndrome.

And here is the part that should stop you: **the damage outlasts the isolation.**

Research shows that the psychological effects persist long after someone leaves solitary confinement — even after they are released from prison entirely. The brain changes. The harm follows you out.

God said in Genesis 2 what science has spent centuries confirming: isolation is not neutral. It is destructive. It was never designed to be our permanent address.

But here is the difficult truth for many of us: the isolation we live in today is largely **voluntary**. Technology has made it easier than ever to avoid real human contact. We can learn without asking anyone. Shop without talking to anyone. Get a ride without interacting with anyone. We've built echo chambers of content that tells us what we want to hear, surrounded ourselves with curated feeds that never challenge us, and called it self-care.

The enemy's strategy has always been reversal. God moved Adam **forward** — from isolation into connection. Satan's entire playbook is to push us **backward** — back to alone, back to internal, back to isolated. And he is very good at making it feel peaceful.

What feels like rest is often stagnation. What feels like protection is often withdrawal from purpose. You were not designed to operate alone — and when you do, you don't just suffer. You deteriorate. The same way a prisoner in solitary does. Slowly.

Predictably. And with damage that follows you out.

REFLECTION QUESTIONS

7. In what ways have you allowed technology, busyness, or past hurt to move you into voluntary isolation?
8. Is there a relationship — family, church, community — that you have withdrawn from that God may still have a purpose in?
9. What does isolation cost you that you may not have fully calculated?

PRAYER

Father, I confess that I have sometimes chosen isolation and called it wisdom. I have withdrawn from people, from family, from community — and told myself I was protecting my peace. But today I recognize that what felt like protection was actually deterioration. Heal the damage that isolation has done in my life. Give me the courage to re-enter the relationships and communities You designed me to flourish in. And protect me from the enemy's strategy to push me backward into what You already delivered me from. In Jesus' name, Amen.

DAILY CHALLENGE

Reach out to one person you have been distant from — whether by circumstance, hurt, or choice. You don't have to resolve everything. Just make contact. Send a text. Make a call. Take one step toward connection and see what God does with it.

DAY 4

Multiplication Is a Mandate

Thursday

"Be fruitful and multiply; fill the earth and subdue it." — Genesis 1:28

TODAY'S READING

The first mission God gave humanity was not *"be comfortable"* or *"find your peace."* It was **"be fruitful and multiply."** And it was not given to an individual — it was given to a family unit. Because multiplication, by its very nature, requires more than one person.

This mandate runs through the entire Bible. In the Parable of the Talents, the servants who doubled what they were given heard, *"Well done, good and faithful servant."* Not *"well preserved."* The expectation was growth. In the Great Commission, Jesus said to *make disciples* — reproduce faith, reproduce kingdom culture, multiply the life of Christ in someone else. Throughout Israel's history: take territory, expand borders, advance the Kingdom.

The heart of God has always been: **take what I gave you and expand it beyond yourself.**

Harvard University spent 84 years tracking the lives of hundreds of people — rich and poor, privileged and marginalized. Their conclusion, after eight decades of research: the people most satisfied in their relationships at age 50 were the healthiest at age 80. The quality of your relationships predicted your physical health better than your cholesterol. As the study's leaders summarized: *"Good relationships keep us healthier and happier."*

God designed you to pour out, not just to receive. Your wisdom, your experience, your testimony, your pain — none of it was meant to stay inside you. It was designed to be given away. To your children, your church, your community, the next generation.

The question worth sitting with today is not *"How do I get more out of life?"* It is **"Who am I pouring into?"** Are you discipling anyone? Investing in anyone's growth? Making anyone else better? If not — you may be hoarding what God intended to be distributed.

REFLECTION QUESTIONS

10. Who in your life are you currently discipling, mentoring, or investing in beyond yourself?
 11. What has God placed in you — wisdom, experience, testimony, gifting — that you have been holding onto instead of giving away?
 12. What would it look like for you to take the multiplication mandate seriously in your daily life this week?
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PRAYER

Father, You designed me to multiply — not just to receive, but to pour out. Forgive me for the seasons when I have hoarded what You gave me, when I kept my testimony to myself, when I sat on gifts that were meant to serve others. Today I receive the multiplication mandate as mine. Show me who needs what You have placed in me. Give me a heart that is generous with my time, my wisdom, my story, and my presence. I don't want to come to the end of my life having preserved what I was called to multiply. In Jesus' name, Amen.

DAILY CHALLENGE

Identify one person — a child, a younger believer, a colleague, a neighbor — and commit to intentionally investing in them this week. Schedule something specific: a meal, a call, a car ride, a conversation. Start your own version of Dad University.

DAY 5

Family Forced Me — And It Will Force You Too

Friday

"Train up a child in the way he should go, and when he is old he will not depart from it." — Proverbs 22:6

TODAY'S READING

There is a pattern in Scripture worth noticing: God rarely calls people into purpose through comfortable, convenient circumstances. He calls them through the thing that demands more of them than they thought they had.

Moses was formed through forty years of obscurity in the wilderness. Joseph was shaped through betrayal, slavery, and prison before he became the man who could steward a nation's survival. David was developed in the fields, in caves, and on the run before he stepped into his throne.

And for many of us, the primary instrument God has used to develop us — often against our will — is family.

Fatherhood. Motherhood. Marriage. Sibling relationships. Extended family. These relationships demand more than you thought you had. They expose your impatience, your selfishness, your fear. They require you to love when you don't feel like it, to show up when it's inconvenient, to invest when the return is invisible. And that is precisely why God uses them.

Pressure is not punishment. It is **development**. The same way heat and pressure transform carbon into diamonds, the weight of family responsibility transforms who we are. What you had to become to show up for the people God placed around you — that is who God always intended you to be. You just needed the assignment to get there.

Not every family relationship is healthy. Some require boundaries. Some require healing before restoration. But even in the dysfunction, the question worth asking is: **Is there a lesson inside this relationship I haven't fully extracted yet?** God sometimes has us in hard family situations not because He's abandoned us — but because He's developing something in us that comfort could never produce.

Most of us are living far below our intended capacity. We are going through the motions — surviving, managing, getting through the week. But when you accept the multiplication mandate — when you stop asking what life can give **you** and start asking what you were put here to **give** — everything changes. You stop surviving and you start actually living.

You may not have chosen your family. You may not have chosen fatherhood or motherhood when it came. You may not have planned for the relationships that have stretched you the most. But here is what I know: God used every single one of them. And He isn't finished yet.

REFLECTION QUESTIONS

13. What family relationship has demanded the most of you — and what has it developed in you that nothing else could have?
14. Where are you currently camped: Relaxation, Isolation, or Multiplication? What is one step you can take today to move toward multiplication?
15. What is your multiplication legacy — what are you leaving in the people around you that will outlast you?

PRAYER

Father, thank You for every relationship that has stretched me beyond my comfort zone. Thank You for the assignments I didn't choose that turned out to be the ones that made me. I release the resentment I've held toward the pressures that were actually development. I trust that You are still working — in my family, in my community, through every imperfect relationship You've placed me in. Help me to stop surviving and start multiplying. Let my life be evidence that You take ordinary, unprepared, sometimes terrified people — and make them fruitful. In Jesus' name, Amen.

DAILY CHALLENGE — WEEK COMMITMENT

This week, share one thing God has taught you — through family, through hardship, through this devotional — with someone who needs to hear it. Your testimony is not just your story. It is someone else's survival guide. Give it away.