

# SELAH Devotional “Awake to the Light”

*Based on Isaiah 2:1-5; Romans 13:11-14; Matthew 24:36-44*

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## S — STOP

Pause for a moment.

Put your phone face-down.

Take a breath.

Notice whatever “darkness” feels close to you right now: stress, drama, loneliness, pressure, fear, confusion, or just feeling tired.

God isn’t asking you to pretend everything is fine. He’s asking you to notice the dawn that’s breaking.

## E — EXHALE

Take a slow breath out.

Let go of anything that feels heavy on your shoulders:

school assignments...

friendship struggles...

family pressure...

questions about your future...

feeling like you don’t measure up...

or feeling stuck in the same old habits.

Exhale it all.

You’re not meant to carry it alone.

## L — LOOK

Look toward Jesus, the Light.

Isaiah saw a world where God’s light was so bright that people could finally see where to go.

Paul said the night is almost over and the day is almost here.

Jesus said, “Stay awake.”

So look around your life:

- Where do you feel like you’re still “walking in the dark”?

- Where do you feel lost, confused, or unsure of what your next step should be?
- Is there somewhere you know God is calling you to wake up?

Remember:

Even the smallest light shines clearly in the dark. That includes you.

## A — ASK

Pray something simple:

“Jesus, will You help me wake up to Your light?  
Show me where to walk.  
Show me what to let go of.  
Help me live like Your light is already shining in me.  
I want to stay awake to You.”

Then ask yourself:

- **What “night clothes” do I need to take off?**  
(bad habits, toxic attitudes, lies you believe, actions you regret)
- **What does it look like to “put on Christ” today?**  
(kindness, honesty, forgiveness, courage, self-control, hope)
- **Where can I bring even one small candle of hope to someone else this week?**  
(encouraging a friend, telling the truth, including someone, apologizing, helping, praying)

## H — HEAR

Listen for what God is whispering into your heart right now.

Maybe He’s saying:

- “Wake up, I’m doing something in you.”
- “You’re not stuck.”
- “My light is stronger than the darkness around you.”
- “I’m closer than you think.”
- “The dawn is breaking.”

Hold on to whatever rises in your mind.

Let it become the truth you carry into your day, whether that day is filled with classmates, Zoom calls, textbooks, teachers, siblings, youth group friends, or the quiet of your home.

**The dawn is breaking. Walk in the light. Stay awake. You are not alone.**