

# SELAH Devotional – Grace That Leads to Life

*Based on 1 Corinthians 5:1-13*

## **S — Stop**

Pause for a moment. Put your phone face down. Take a break from everything else competing for your attention.

You don't need to fix anything right now. Just be present.

## **E — Exhale**

Take a slow breath in through your nose. Hold it for a second. Then exhale slowly.

As you breathe out, let go of the pressure to impress, perform, or pretend.

God already sees you — and He's not surprised by you.

## **L — Look**

Read this sentence slowly:

*“Christ, our Passover Lamb, has been sacrificed.” (1 Corinthians 5:7)*

Paul was writing to a church that thought grace meant *anything goes*. But Paul reminds them that Jesus didn't give His life so we could stay stuck in things that hurt us.

Grace doesn't mean God ignores sin. Grace means God cares too much about us to leave us where we are.

Notice this:

Paul is not attacking people who are struggling.

He's confronting people who are *defending* sin and calling it okay.

God is not threatened by your honesty. He is concerned about anything that pulls you away from life.

## **A — Ask**

Talk honestly with God. You can use these questions, or your own words:

- God, are there areas of my life where I've been trying to justify something instead of bringing it to You?
- Is there something I've started calling "fine" even though it's actually hurting me?
- Help me know the difference between struggling and making excuses.

If something comes to mind, don't panic. God's goal is not to shame you — it's to lead you toward freedom.

## **H — Hear**

Sit quietly for a moment and listen.

Hear this truth:

God loves you too much to lie to you. And He loves you too much to walk away from you.

Jesus doesn't just forgive you — He wants to help you become someone who is truly alive.

Grace isn't God saying, "It doesn't matter." Grace is God saying, "You matter too much to stay here."

Rest in that.