

SELAH Devotional “Resurrection Is Not Optional”

Text: 1 Corinthians 15:12–20

S — Stop

Pause for a moment.

Put your phone face down.

Take one slow breath in... and out.

Ask God to help you be present — not distracted, not rushed.

E — Exhale

As you breathe out, let go of:

- Pressure to have the “right” answer
- Worry about what others might think
- The urge to rush ahead

You don’t have to perform for God. You are here to listen.

L — Look (Read the Scripture)

Read 1 Corinthians 15:12-20 slowly.

As you read, notice:

- What Paul says would happen *if* Jesus was not raised
- What changes when Paul says, “But in fact Christ has been raised”

Read it a second time if you can.

A — Ask

Ask yourself honestly:

- Do I think about Jesus’ resurrection as something real, or just symbolic?
- How does believing Jesus rose physically change how I think about my life right now?
- What does it mean that God cares about bodies, not just souls?

You can ask God these questions too.

H — Hear

Listen for what God might be saying to you

You might hear:

- Encouragement
- A challenge
- Comfort
- Hope

If one phrase from the passage sticks out to you, sit with it.

Remember:

Jesus didn't rise just to prove something. He rose to begin something new.

Closing Thought

The resurrection isn't just about heaven someday.

It means:

- Your body matters
- Your choices matter
- Your faithfulness matters
- Your future is secure

Because Jesus is alive, your life has meaning right now.

Optional Prayer

"Jesus, You didn't stay in the grave.

Help me live like You're really alive...not just in my beliefs, but in my everyday life.

Teach me to live with hope, courage, and faith.

Amen."