



Heaven Put On Skin

A DEVOTIONAL COMPANION - SEASON 1 - EPISODE 4

Opening Thought

When you're in the middle of something hard — a diagnosis you weren't expecting, a marriage that's gone quiet in the wrong way, a child you can't reach, a job that's draining the life out of you — the picture of a God who watches from far away doesn't help.

You don't need a powerful God in that moment. You need a God who knows.

That's exactly what John 1:14 is telling us.

Scripture

"The Word became flesh and made his dwelling among us"

— John 1:14

He moved into the neighborhood of being human. And He stayed.

Journal Prompts

1. When you're "in the middle of the mess," going through a storm or experiencing a hard season, what does God feel like to you — close or far? Where did that picture come from?
2. Jesus felt the same feelings we feel — exhausted, betrayed, afraid. Which one of those surprises you most, and why? Do you feel that because he's been there, he really gets you? Have you ever considered that before?
3. What fear have you been carrying alone that you haven't handed to Him yet? Write it out. Then write — He's been there.

Scripture Reflection

"Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death — that is, the devil."

— Hebrews 2:14

Read this verse slowly three times. What word or phrase won't let go of you?

Final Encouragement

The Word — the One who spoke galaxies into being — became flesh. He didn't observe humanity from a distance. He moved into it. He had a body that got tired. He had a stomach that growled. He had friends who let Him down. He cried at a funeral. He sweated. He bled.

He moved into the neighborhood of being human. And He stayed.

Why does that matter when you're afraid?

Because fear gets its grip from a lie — the lie that you're alone in this. That nobody understands. That God might exist somewhere, but He doesn't really know what it's like to be you.

Incarnation breaks that lie.

Reflection Worksheet

1. Where in your life have you been picturing God as far away?
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2. What would change today if you let yourself believe He's actually close?
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3. What's one fear you can hand back to Him right now, before this hour ends?
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Scripture Reflection

"And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!"

— Philippians 2:8

Read this verse slowly three times. What does it mean to you today?

Additional Reflection

The next time fear tells you that nobody understands what you're going through — remember. He moved into the neighborhood. He didn't send a message from heaven. He showed up in person. You are not alone in this. You never were.