SPIRIT REALM · DAILY DEVOTIONAL

October 2026

Rooted: Growing Deep in Christ

A tree is only as strong as its roots. This month we slow down and go deeper: into the Word, into prayer, and into the love of God that holds us when the winds blow. Read one devotional a day, sit with the scripture, pray the prayer, and take the small step. By the end of the month, may you find yourself more deeply rooted than when you began.

31 daily readings · Scripture quotations from the King James Version unless noted.

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This month

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THURSDAY, OCTOBER 1

Planted by the Waters

> *"Blessed is the man that trusteth in the LORD, and whose hope the LORD is. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit."*
>
> Jeremiah 17:7-8

Every harmattan season the land grows dry and dusty, yet some trees stay green. The difference is not in the branches you can see but in the roots you cannot. Jeremiah describes a person whose roots run all the way down to the river. When the heat comes, they are not shaken, because their life is drawn from a source the drought cannot touch.

This month is an invitation to go deeper. Not to do more, but to drink more deeply from the One who never runs dry. Our circumstances will change: seasons of plenty and seasons of drought. But a heart that trusts in the Lord keeps producing fruit in every season.

PRAYER

Lord, I want to be planted by Your river. Draw my roots deep into You so that when heat comes, I will not be afraid. Teach me to trust You with my hope. In Jesus' name, Amen.

TODAY'S STEP

Choose a fixed time and place for this month's devotionals, and protect it as an appointment with God.

MY NOTES

FRIDAY, OCTOBER 2

Abide

> *"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."*
>
> John 15:5

A branch never strains to produce fruit. It simply stays connected to the vine, and the life of the vine does the work. Jesus does not command us to try harder; He invites us to abide: to remain, to stay, to make our home in Him.

So much of our tiredness comes from trying to produce fruit while disconnected. We pray in a rush, we skip the Word, and then we wonder why our patience is thin and our joy is gone. Today, return to the Vine. What you cannot do in your own strength, His life in you will accomplish.

PRAYER

Jesus, You are the Vine and I am a branch. Forgive me for the times I have tried to live without You. Today I choose to remain in You. Let Your life flow through me. Amen.

TODAY'S STEP

Set three reminders on your phone today simply to pause and say, "Jesus, I abide in You."

MY NOTES

SATURDAY, OCTOBER 3

Rooted and Built Up

> *"As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving."*
>
> Colossians 2:6-7

Paul uses two pictures at once: a tree that is rooted and a house that is built up. One grows quietly underground; the other rises stone by stone. Both describe a life that becomes steadier over time.

Notice how we grow: the same way we began. We received Christ by faith, and we walk in Him by faith. And the fruit of a rooted life is not anxiety but thanksgiving. Gratitude is often the first sign that our roots are reaching water.

PRAYER

Father, as I received Jesus, help me to walk in Him daily. Build me up, establish me in the faith, and let my life overflow with thanksgiving. Amen.

TODAY'S STEP

Write down five things you are thankful for before you go to sleep tonight.

MY NOTES

SUNDAY, OCTOBER 4

Delight in the Word

> *"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."*
>
> Psalm 1:1-3

The first psalm begins with what the blessed person avoids, but it quickly moves to what they love. Their delight is in God's Word. Not duty, not obligation, but delight.

Meditation is simply chewing slowly. Instead of reading a whole chapter quickly, take one verse and turn it over through the day: in traffic, at the market, while cooking. The Word you meditate on becomes the water your roots drink from.

PRAYER

Lord, give me a delight for Your Word. Let it not be a burden but a joy. Plant me by Your rivers so that my life bears fruit in its season. Amen.

TODAY'S STEP

Pick one verse from today's reading and repeat it to yourself at least five times today.

MY NOTES

MONDAY, OCTOBER 5

Rooted in Love

> *"That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God."*
>
> Ephesians 3:17-19

Paul prays that we would be rooted in love. Not in our performance, our reputation, or how others see us, but in the love of Christ. When love is the soil, everything else grows well.

Many of us know about God's love but struggle to believe it is truly for us. Paul says this love passes knowledge: it is bigger than we can explain. Today, stop trying to earn what has already been freely given. You are loved, fully and completely.

PRAYER

Father, root me and ground me in Your love. Help me to grasp how wide and long and high and deep it is. Fill me with all Your fullness. Amen.

TODAY'S STEP

Say aloud three times today: "I am loved by God, not because of what I do, but because of who He is."

MY NOTES

TUESDAY, OCTOBER 6

Good Ground

> *"But that on the good ground are they, which in an honest and good heart, having heard the word, keep it, and bring forth fruit with patience."*
>
> Luke 8:15

In the parable of the sower, the seed is always good. The difference is the soil. Some hearts are hard, some are shallow, some are crowded with thorns. Good ground is simply an honest heart that hears, keeps and waits.

Notice the last word: patience. Fruit does not appear overnight. A farmer who plants maize does not dig it up every morning to check on it. Trust that the Word sown in you is working, even when you cannot see it yet.

PRAYER

Lord, make my heart good ground. Remove the stones and the thorns. Help me to hear Your Word, keep it, and wait patiently for the harvest. Amen.

TODAY'S STEP

Ask God to show you one "thorn" crowding your heart, and take one practical step to remove it.

MY NOTES

WEDNESDAY, OCTOBER 7

Pruned for More

> *"Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit."*
>
> John 15:2

Pruning looks like loss. The gardener cuts away healthy-looking growth, and the plant seems smaller for a while. But every cut is aimed at more fruit.

Perhaps you are in a season where things are being taken away: a plan, a relationship, a comfort. Before you assume God is against you, consider that the Gardener may be pruning a fruitful branch. His shears are always held by loving hands.

PRAYER

Father, I trust Your hands. Where You are pruning me, help me not to resist. Cut away what hinders, so that I may bear more fruit for Your glory. Amen.

TODAY'S STEP

Identify one habit that drains your time without bearing fruit, and give it up for this week.

MY NOTES

THURSDAY, OCTOBER 8

New Every Morning

> *"It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."*
>
> Lamentations 3:22-23

Lamentations was written in the ruins of Jerusalem. Everything had fallen apart. And yet in the middle of the grief, the writer remembers: God's mercies are new every morning.

Yesterday's failures do not cancel today's mercy. Like manna in the wilderness, His compassion is given fresh each day. Whatever yesterday held, this morning comes with a new supply of grace.

PRAYER

Lord, thank You that Your mercies did not run out yesterday. I receive today's fresh supply of grace. Great is Your faithfulness. Amen.

TODAY'S STEP

Begin tomorrow by thanking God for one specific mercy before you check your phone.

MY NOTES

FRIDAY, OCTOBER 9

Be Still

> *"Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."*
>
> Psalm 46:10

Psalm 46 is set against a backdrop of shaking mountains and raging nations. Into that noise, God speaks: be still. Stop striving. Let go.

Stillness is not laziness; it is trust. It is the decision to stop holding everything together and remember who actually does. Today, carve out a few quiet minutes. No music, no scrolling. Just you, and the knowledge that He is God.

PRAYER

Lord, quiet my heart. In the noise around me and within me, I choose to be still and know that You are God. Amen.

TODAY'S STEP

Spend five minutes in complete silence today, simply resting in God's presence.

MY NOTES

SATURDAY, OCTOBER 10

Strength Renewed

> *"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."*
>
> Isaiah 40:31

Notice the order: soar, run, walk. Sometimes God lifts us high on eagle's wings. Sometimes He gives us strength to run. But often the greatest miracle is simply walking through an ordinary day without fainting.

Waiting on the Lord is not passive. It is leaning our whole weight on Him, expecting Him to act. The exchange is wonderful: we bring our weakness and receive His strength.

PRAYER

Lord, I am tired in ways I cannot always explain. I wait on You. Renew my strength today, whether I soar, run or simply walk. Amen.

TODAY'S STEP

Tell God honestly where you feel weary, then write down Isaiah 40:31 and keep it with you.

MY NOTES

SUNDAY, OCTOBER 11

A Lamp for Today

> *"Thy word is a lamp unto my feet, and a light unto my path."*
>
> Psalm 119:105

A lamp in ancient times lit only a few steps ahead. It did not reveal the whole road, just enough for the next step.

We often want God to show us the full map of our lives. Instead, He gives us light for today. Obey the light you have, take the step in front of you, and trust that the lamp will move forward with you.

PRAYER

Lord, I want to see the whole road, but You give me light for the next step. Help me to trust You and walk in the light I have. Amen.

TODAY'S STEP

Ask God, "What is the one next step You want me to take?" and do it this week.

MY NOTES

MONDAY, OCTOBER 12

Hidden in the Heart

> *"Thy word have I hid in mine heart, that I might not sin against thee."*
>
> Psalm 119:11

When temptation comes, we rarely have time to look something up. What helps us in that moment is what we have already hidden in our hearts.

Memorising scripture is like storing water before the dry season. Start small: one verse this week. Write it on a card, say it on your way to work, and let it settle deep within.

PRAYER

Father, write Your Word on my heart. When temptation comes, bring Your truth to my mind and help me to choose Your way. Amen.

TODAY'S STEP

Memorise Psalm 119:11 today and recite it to someone.

MY NOTES

TUESDAY, OCTOBER 13

Trust and Acknowledge

> *"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."*
>
> Proverbs 3:5-6

Our own understanding is not bad; it is just too small. We see part of the picture, and God sees all of it.

To acknowledge Him in all our ways means inviting Him into every decision: the big ones and the small ones. Before you decide today, pause and ask, "Lord, what do You think?" He has promised to direct your paths.

PRAYER

Lord, I trust You with all my heart. I will not lean on my own understanding. In all my ways I acknowledge You. Direct my paths. Amen.

TODAY'S STEP

Before one decision today, stop and pray about it first, however small.

MY NOTES

WEDNESDAY, OCTOBER 14

Peace That Guards

> *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*
>
> Philippians 4:6-7

"Be careful for nothing" means do not be anxious about anything. Paul does not say this lightly; he wrote it from prison. His secret was simple: turn every worry into a prayer, and wrap every prayer in thanksgiving.

The result is a peace that does not make sense. The situation may not have changed, but something stands guard over your heart and mind like a soldier at a gate.

PRAYER

Father, I bring You the things that worry me. With thanksgiving I lay them before You. Guard my heart and mind with Your peace. Amen.

TODAY'S STEP

Write down your top three worries, pray over each one, and thank God for one thing in each situation.

MY NOTES

THURSDAY, OCTOBER 15

Cast Your Cares

> *"Casting all your care upon him; for he careth for you."*
>
> 1 Peter 5:7

To cast is to throw, the way a fisherman throws a net. It is a deliberate act. You do not gently set your worries near God; you throw them onto Him.

And the reason is beautiful: He cares for you. Not just for the world in general, but for you. Your burdens are not too small or too big for His attention.

PRAYER

Lord, I throw my cares onto You today. Thank You that You care for me personally. I will not pick them back up. Amen.

TODAY'S STEP

Each time a worry returns today, say: "I have cast this on You, Lord, because You care for me."

MY NOTES

FRIDAY, OCTOBER 16

The Fruit of the Spirit

> *"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law."*
>
> Galatians 5:22-23

Paul says fruit, not fruits. It is one fruit with many flavours, all growing from the same Spirit. We do not manufacture love or patience; we cultivate the conditions where the Spirit grows them in us.

Look at the list honestly. Which flavour is hardest for you right now? That is not a reason for shame, but an invitation to ask the Spirit for more of His life in that area.

PRAYER

Holy Spirit, grow Your fruit in me. Where I am impatient, unkind or unsettled, fill me with more of You. Amen.

TODAY'S STEP

Choose one fruit of the Spirit to focus on this week and ask God for opportunities to practise it.

MY NOTES

SATURDAY, OCTOBER 17

Love Is Patient

> *"Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things."*
>
> 1 Corinthians 13:4-7

This passage is often read at weddings, but it was first written to a church full of division. It is a description of how love behaves when people are difficult.

Try reading it again and putting Jesus' name in place of "charity". It fits perfectly. Now ask Him to make it true of you, one relationship at a time.

PRAYER

Lord Jesus, You are patient and kind with me. Teach me to love others the way You love me, especially those I find difficult. Amen.

TODAY'S STEP

Do one quiet act of kindness today for someone who has tested your patience.

MY NOTES

SUNDAY, OCTOBER 18

Joy in the Morning

> *"For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning."*
>
> Psalm 30:5

Some nights are long. Grief, disappointment and pain are real, and the Bible never pretends otherwise. But this verse holds out a promise: the night is not forever.

If you are in a night season, hold on. Morning is coming. And if you are walking in the morning, remember someone still in the night and bring them a little light.

PRAYER

Father, for those of us in the night, give us hope that morning is coming. For those in the morning, make us carriers of Your joy. Amen.

TODAY'S STEP

Send an encouraging message to someone you know is going through a difficult season.

MY NOTES

MONDAY, OCTOBER 19

Forgiven to Forgive

> *"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."*
>
> Ephesians 4:32

Forgiveness is not pretending it did not hurt. It is choosing to release the debt, because a far greater debt has been released for us.

Unforgiveness is like drinking poison and waiting for the other person to fall sick. As you remember how much God has forgiven you, ask Him for the grace to let someone else go free.

PRAYER

Father, You have forgiven me so much. Give me a tender heart, and the grace to forgive those who have hurt me. Amen.

TODAY'S STEP

Ask God to bring one person to mind whom you need to forgive, and pray a blessing over them.

MY NOTES

TUESDAY, OCTOBER 20

A New Creation

> *"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."*
>
> 2 Corinthians 5:17

In Christ, you are not just improved; you are new. The old identity, defined by sin and shame, has passed away.

The enemy loves to remind us of who we used to be. But God calls you by your new name. Today, live from your new identity, not your old history.

PRAYER

Lord, thank You that in Christ I am a new creation. Help me to see myself the way You see me, and to live as who I truly am. Amen.

TODAY'S STEP

Write down three things that are true of you because you are in Christ, and read them aloud.

MY NOTES

WEDNESDAY, OCTOBER 21

A Renewed Mind

> *"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."*
>
> Romans 12:2

The world is always pressing us into its shape: what success looks like, what to fear, what to want. Transformation happens from the inside out, as our minds are renewed.

What you feed your mind shapes your life. Consider what you read, watch and listen to. Make room for thoughts that are true, pure and lovely.

PRAYER

Lord, renew my mind. Where I have been shaped by the world, reshape me by Your truth so that I can discern Your good and perfect will. Amen.

TODAY'S STEP

Replace 30 minutes of social media today with reading scripture or a good Christian book.

MY NOTES

THURSDAY, OCTOBER 22

All Things Work Together

> *"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."*
>
> Romans 8:28

This verse does not say all things are good. Some things are painful and wrong. It says God works all things together for good, like a weaver working dark and bright threads into one beautiful cloth.

You may not see the pattern today. That is all right. You are looking at the back of the kente; God sees the front.

PRAYER

Father, I do not understand everything I am going through, but I trust that You are working it together for good. Amen.

TODAY'S STEP

Remember one difficult season God later used for good, and thank Him for it.

MY NOTES

FRIDAY, OCTOBER 23

Nothing Can Separate Us

> *"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."*
>
> Romans 8:38-39

Paul lists everything he can think of that might come between us and God: death, life, spiritual powers, the present, the future. His conclusion: nothing can.

Your worst day cannot separate you from His love. Your failures cannot. Your fears about tomorrow cannot. You are held by a love that will not let go.

PRAYER

Lord, thank You that nothing can separate me from Your love. Let this truth settle my fears and strengthen my faith today. Amen.

TODAY'S STEP

Read Romans 8:31-39 slowly, and underline every phrase that speaks to you.

MY NOTES

SATURDAY, OCTOBER 24

Grace Is Enough

> *"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."*
>
> 2 Corinthians 12:9

Paul prayed three times for God to remove his "thorn". God's answer was not removal but grace.

Sometimes God changes our situation; sometimes He changes us within it. Either way, His grace is enough. Your weakness is not a barrier to His power but the very place it shows up most clearly.

PRAYER

Lord, Your grace is sufficient for me. In my weakness, let Your strength be made perfect, and let Your power rest on me. Amen.

TODAY'S STEP

Name one weakness you have been hiding, and invite God's strength into it.

MY NOTES

SUNDAY, OCTOBER 25

The Lord Is My Shepherd

> *"The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake."*
>
> Psalm 23:1-3

David was a shepherd before he was a king. He knew what sheep need: food, water, rest, guidance and protection. And he knew that he himself was a sheep in need of a Shepherd.

Notice: He makes us lie down. Sometimes rest is not our idea; it is His. If you have been running without stopping, perhaps the Shepherd is leading you to green pastures.

PRAYER

Lord, You are my Shepherd. Lead me to green pastures and still waters. Restore my soul and guide me in Your paths. Amen.

TODAY'S STEP

Take an intentional rest this week: an afternoon without work, given to God and those you love.

MY NOTES

MONDAY, OCTOBER 26

Faithful in Little

> *"He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much."*
>
> Luke 16:10

We often wait for the big assignment: the platform, the opportunity, the breakthrough. Jesus says the big is built on the small.

How you handle little things matters: your words, your time, your money, your promises. Faithfulness in small, unseen places is how roots grow deep.

PRAYER

Lord, help me to be faithful in the small things You have given me. Let me serve You well where no one is watching. Amen.

TODAY'S STEP

Keep one small promise today that you have been putting off.

MY NOTES

TUESDAY, OCTOBER 27

Light of the World

> *"Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."*
>
> Matthew 5:14-16

Jesus does not say, "Try to become light." He says you are light. The question is not whether you shine but where.

Your workplace, your family and your neighbourhood are your candlestick. Simple goodness, honesty and kindness point people beyond you to your Father.

PRAYER

Lord, You have made me light. Help me not to hide. Let my life shine in a way that points others to You. Amen.

TODAY'S STEP

Do one good work today that someone will notice, and quietly give God the glory.

MY NOTES

WEDNESDAY, OCTOBER 28

Carry One Another

> *"Bear ye one another's burdens, and so fulfil the law of Christ."*
>
> Galatians 6:2

We were never meant to carry everything alone. The church is a family where burdens are shared.

Sometimes you are the one carrying; sometimes you are the one being carried. Both are holy. Who is God placing on your heart to help this week? And is there a burden you need to let someone help you with?

PRAYER

Lord, make me a burden-bearer. Show me who needs my help, and give me the humility to ask for help when I need it. Amen.

TODAY'S STEP

Reach out to someone in your small group or church family and ask how you can pray for them.

MY NOTES

THURSDAY, OCTOBER 29

Do Not Grow Weary

> *"And let us not be weary in well doing: for in due season we shall reap, if we faint not."*
>
> Galatians 6:9

Doing good can be tiring, especially when you see no results. Paul encourages us: keep going. The harvest has a due season.

A cocoa farmer waits years for a new tree to bear. Faithfulness today is a seed for a harvest you may not see yet. Do not quit.

PRAYER

Father, I am tempted to give up in some areas. Strengthen me not to grow weary in doing good. I trust Your due season. Amen.

TODAY'S STEP

Thank God for one "well doing" in your life that has not yet borne visible fruit, and recommit it to Him.

MY NOTES

FRIDAY, OCTOBER 30

Always Give Thanks

> *"Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you."*
>
> 1 Thessalonians 5:16-18

People often ask, "What is God's will for my life?" Here is part of the answer, plainly stated: rejoice, pray, give thanks.

Giving thanks in everything is not pretending everything is good. It is finding God in everything. Gratitude is a root that drinks deeply.

PRAYER

Lord, teach me to rejoice always, to pray continually, and to give thanks in every circumstance. This is Your will for me. Amen.

TODAY'S STEP

Thank God out loud for ten specific things today.

MY NOTES

SATURDAY, OCTOBER 31

He Will Finish It

> *"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:"*
>
> Philippians 1:6

As this month closes, look back. The roots have been growing, even when it did not feel like it. And here is the promise: what God started in you, He will finish.

Your growth does not depend on your perfection but on His faithfulness. Carry this confidence into the next season. He is not done with you yet.

PRAYER

Father, thank You for this month. Thank You that You began a good work in me and You will complete it. I trust You with what is ahead. Amen.

TODAY'S STEP

Write a short letter to God reflecting on what He taught you this month, and keep it to read again next year.

MY NOTES