

Anchoring our Vaka on the Word

Building Resilience against Drugs/HIV



Hebrews 6:19 – “We have this hope as an anchor for the soul.”

WK1 Anchoring in the Truth

Family Daily Devotional Plan—Bible Month 2026

July 1—John 8:31-36 :

The truth sets us free from slavery to sin.

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." They answered him, "We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?" Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.



Reflection

Jesus declares that holding to His teaching makes us true disciples, and His truth sets us free. For those trapped in addiction or weighed down by HIV stigma, this passage is a breakthrough promise: you are not defined by slavery to sin, fear, or hopelessness. The Son welcomes you into God's household, where dignity and belonging are restored. Families and communities are called to embody this freedom by showing compassion, breaking silence, and standing together against the spread of drugs. A Christ-anchored community becomes a safe vaka — protecting youth from destructive currents, supporting those already affected, and ensuring no one suffers alone.

Prayer Prompt

Lord Jesus, free us from despair, teach us compassion, and make our community a safe Vaka of hope. Amen

Family Discussion

How can your family help create a compassionate, drug-free community that supports drug addicts and those living with HIV?

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July 2—Hosea 4:1-10 Key Verse 6

My people are destroyed from lack of knowledge.

“My people are destroyed from lack of knowledge. “Because you have rejected knowledge, I also reject you as my priests; because you have ignored the law of your God, I also will ignore your children.



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Reflection

Lord, your prophet Hosea cried out against a people who had forgotten your truth and turned away from wisdom.

Family Discussions

1. What specific harmful myths or gossip about drugs or HIV have we heard, and how can we replace them with truth and compassion?
2. How do these myths prevent victims from seeking help, accessing treatment, or feeling safe to speak openly?
3. What factual information from trusted sources
4. How can your family respond with empathy instead of judgment when we hear gossip or see some affected?
5. What steps can your family take to spread truth, stop gossip and replace it with truth and compassion this week.

(health workers, police, church leaders NGO's) can we use to correct these myths

Today, we see the same destruction when ignorance and silence allow drugs to destroy lives, when trafficking exploits the vulnerable, when mental illness and HIV are met with stigma instead of care. Knowledge is not only information — it is compassion, awareness, and truth lived out in community. When we reject understanding, we reject your healing presence. Help us to break silence, confront myths, and open pathways to healing, replace gossip with guidance, stigma with solidarity, and ignorance with education. In doing so, we honor the divine image in every person and build resilience against the destructive currents of drugs and HIV.

Prayer Prompt

God of truth and mercy, Open our eyes to see the suffering hidden behind addiction and discrimination. Break the chains of ignorance that isolate those living with HIV or mental illness. Teach our leaders, families, and churches to speak truth with love, to

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July 3—Psalm 119:97-112

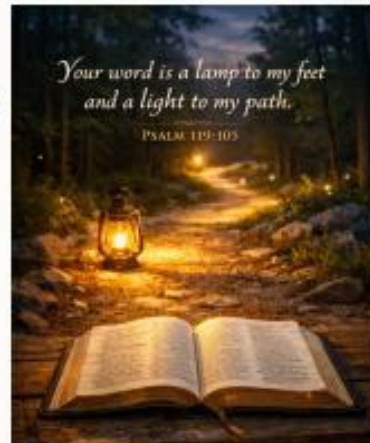
Thy Word is a lamp unto my feet, a light unto my path
“...How sweet are your words to my taste, sweeter than honey to my mouth! I gain understanding from your precepts; therefore I hate every wrong path. Your word is a lamp for my feet, a light on my path. I have taken an oath and confirmed it, that I will follow your righteous laws. forever. So if the Son sets you free, you will be free indeed...”

Reflection

The psalmist celebrates God’s Word as the source of understanding that exposes false paths. In our time, many youths are drawn toward temporary highs — substances that promise escape but deliver destruction. Others, living with HIV, may hide in silence because of fear or stigma. These are the “false ways” that Psalm 119 warns against: choices and attitudes that distort truth and rob life of its purpose.

God’s Word shines a light into this darkness. It teaches that every person is created for dignity, purpose, and hope. True understanding leads us to reject the false promises of drugs and the lies that shame those living with HIV. Families and communities are called to guide children and youth toward wisdom — to help them take responsibility for their lives, seek help when needed, and build futures rooted in faith, education, and compassion.

When we walk by the light of God’s Word, we learn to value long-lasting joy over fleeting pleasure, truth over gossip, and healing over fear. The psalmist’s love for God’s law becomes our call to action: to nurture informed, resilient, and compassionate communities where every young person can grow free from addiction and stigma.



Family Discussions

1. What “false ways” tempt young people today, and how can Scripture help us recognize and resist them?
2. How can your family encourage youth to seek help and speak openly about struggles with drugs or health issues?
3. What practical steps can we take to make our home a place of truth, safety, and encouragement?

Family Prayer Prompt

“Lord, give us understanding through Your Word. Help our youth choose truth over false ways, courage over fear, and hope over despair. Make our families beacons of wisdom and compassion.”
Amen.

Family Daily Devotional Plan—Bible Month 2026

July 4—Proverbs 12:17-22 **Lies wound; Truth heals**

An honest witness tells the truth, but a false witness tells lies. 18 The words of the reckless pierce like swords, but the tongue of the wise brings healing. 19 Truthful lips endure forever, but a lying tongue lasts only a moment. 20 Deceit is in the hearts of those who plot evil, but those who promote peace have joy. 21 No harm overtakes the righteous, but the wicked have their fill of trouble. 22 The Lord detests lying lips, but he delights in people who are trustworthy.

Reflection

Truth is not only a moral virtue — it is a lifeline. Proverbs reminds us that honesty brings healing, while deceit deepens wounds. When dealing with sensitive issues such as mental health, drug addiction, and HIV, truth becomes sacred. Falsehoods, gossip, and denial destroy trust and isolate those who need help most. God hates lying lips because

lies distort His image in us; they conceal pain instead of confronting it, and they turn compassion into judgment.

Families and communities must learn to speak truth in love — to name struggles honestly, to share accurate information, and to listen without condemnation. When we tell the truth about addiction, we open doors to recovery. When we speak truth about mental

health, we break silence and shame. When we tell the truth about HIV, we replace fear with understanding.

Truth restores dignity. It builds safe spaces where people can seek help without fear of gossip or rejection. In a world filled with half-truths and stigma, the Church must be a beacon of honesty and grace — guiding hearts toward healing, not hiding behind silence.

Family Discussions

1. What harm do lies cause in families and communities?
2. How can your family practice truth-telling when discussing sensitive issues like mental health, drug addiction and HIV?
3. How can you help others feel safe to share their struggles without fear of gossip or judgment?
4. What practical steps can you take to make your home and parish a place where truth leads to healing?

Family Prayer Prompt

“God of truth and mercy, teach us to speak words that heal and to listen with compassion. Forgive us for the times we have stayed silent or spoken carelessly, and cleanse our lips from gossip and deceit. Make our families safe places of honesty and grace, where those struggling with addiction, mental distress, or stigma find dignity and hope. Fill us with Your Spirit so that truth and love walk hand in hand, and may our community shine with integrity and compassion, reflecting Your image in every person. Amen.

Family Daily Devotional Plan—Bible Month 2026

July 5—Isaiah 5:18-24

Woe to those who call evil good

"...20 Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter. 21 Woe to those who are wise in their own eyes and clever in their own sight..."

Reflection

Isaiah's warning pierces directly into our present struggle. In many communities, drugs destroy lives, yet some turn a blind eye because they profit from the trade. Families remain silent, refusing to report what they know, while churches sometimes hesitate to name the sin because the same hands that peddle destruction also place tithes in the offering plate.

This is the very inversion Isaiah condemns: calling evil good, and good evil. God's Word exposes this hypocrisy. To ignore the scourge of drugs is to exchange light for darkness, truth for lies. Silence becomes complicity, and complicity becomes corruption.

Those who think themselves clever for hiding the truth are warned: God sees, and His justice will not be mocked. It reminds us that God sees everything and nothing is done in secrecy. All will be revealed in due time



*"Woe to those who call evil good and good evil..."
Woe to those who are wise in their own eyes..."
— Isaiah 5:20-21*

Family Discussions

1. What does it mean to "call evil good and good evil" in our community today?
2. How does silence or complicity in the drug crisis harm families and youth?
3. Why is it important for the Church to speak truth even when it risks losing financial support?
4. How can our family commit to honesty and courage when faced with sensitive issues like drugs and stigma?
5. What practical steps can we take to ensure we are not complicit in evil but active in truth and compassion?

Family Prayer

"God of justice and truth, forgive us when we have turned a blind eye to evil or stayed silent for fear of losing comfort. Give us courage to speak truth, wisdom to guide our youth, and strength to stand against the scourge of drugs and stigma. Make our families and churches beacons of light, refusing to call evil good, and delighting only in Your truth. Amen."

Family Daily Devotional Plan—Bible Month 2026

July 6—Ephesians 5:6-14

Darkness hides addiction

6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. 7 Therefore do not be partners with them.



Reflection

Paul's words echo the prophetic warnings of Hosea, Proverbs, and Isaiah. Darkness thrives where truth is silenced — where families ignore the signs of addiction, where communities hide the reality of HIV, and where churches fear confronting sin because it is uncomfortable. But those who belong to Christ are called to live as **children of light**, not spectators of darkness.

To be light means to expose what destroys life. Families must speak truth about drugs and mental health, not hide behind shame. Communities must challenge the silence that protects traffickers and stigmatizes victims. Churches must shine the light of Christ on hypocrisy and corruption, refusing to be deceived by "empty words" that excuse evil. Every family that chooses truth becomes a lamp in the community — guiding youth away from destruction and toward hope. TO live as children of light is to confront the peddling of drugs, to name exploitation as sin, and to defend the vulnerable with truth and compassion.

Family Discussions

1. Why does Paul urge us not only to avoid darkness but to expose it? How can we speak openly about addiction, mental health, and HIV?
2. Expose Darkness: How can you challenge those who profit from drugs and leaders or institutions, even churches accountable when they enable destruction.
3. Create safe spaces and steps on how to protect children's education and their future to resist the forces that robe them of life.

Prayer for Families

Lord Jesus, Light of the world, give us courage to break silence and expose the darkness of addiction and exploitation. Strengthen our families and protect children's futures, and empower our churches to shine truth and compassion. May your light scatter every shadow until our communities walk in freedom healing, and hope **Amen**.

Family Daily Devotional Plan—Bible Month 2026

Day 7—July 7 – 1 John 1:5–10

Light and Darkness, Sin and Forgiveness

5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 6 If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all[a] sin.

8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he

Reflection

Throughout the week, we have heard Hosea’s cry against ignorance, Isaiah’s rebuke of hypocrisy, Paul’s command to expose darkness, and John’s call to live as children of light. Now, John deepens the message: **walking in the light is not only about exposing evil, but also about healing relationships through forgiveness and reconciliation.**

Addiction, stigma, and HIV have fractured families, friendships, and communities. Silence has allowed wounds to fester; shame has driven people into isolation. But the light of Christ does more than reveal sin — it purifies, restores, and reconciles.

To walk in the light is to forgive those who have hurt us, to seek reconciliation where trust has been broken, and to rebuild fellowship where drugs and stigma have torn communities apart. Forgiveness is not excusing evil; it is breaking the cycle of bitterness.

Reconciliation is not forgetting the past; it is choosing to walk together in truth and compassion. When families forgive, when communities reconcile, the darkness loses its grip and the light of Christ shines with healing power.

Family Discussion

What relationships in your family or community have been strained because of drugs, addiction, or HIV stigma?

How does walking in the light call us to forgive and seek reconciliation; and what practical steps can we take to rebuild fellowship—listening, apologizing, supporting, praying together?

Family Prayer

“Lord Jesus, Light of the world, teach us to forgive as You forgive. Heal the wounds caused by addiction and stigma. Restore broken relationships in our families and communities. Make us one in Your light, walking together in fellowship and hope.
Amen.”

Family Pledge

1. We will speak truth against darkness of drugs & exploitation
2. We will forgive those who hurt us and seek reconciliation
3. We will protect and nurture the future of our children and youth.
4. We will walk together in Christ’s light, as one family and one community