

Anchoring our Vaka on the Word

Building Resilience against Drugs/HIV



WEEK 2 DAILY DEVOTIONAL

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

Family Daily Devotional Plan—Bible Month 2026

July 8—Hebrews 6:13–20 (July 8–14th) Hope in Christ is an anchor for the soul.

The Certainty of God's Promise

¹³ When God made his promise to Abraham, since there was no one greater for him to swear by, he swore by himself, ¹⁴ saying, "I will surely bless you and give you many descendants."¹⁵ And so after waiting patiently, Abraham received what was promised. [...] ¹⁹ We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, ²⁰ where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.

Reflection—We have this Hope as an anchor for the soul, firm & secure

Week 1 reminded us that truth is the foundation — God's Word exposes lies and darkness, guiding us to walk in light. As we move into Week 2, Hebrews gives us the image of **hope as an anchor**. Just as a vaka steadies in turbulent seas, hope in Christ steadies our lives in uncertainty.

This anchor is not passive. It holds firm against fear, despair, and temptation. In communities where drugs, addiction, and HIV threaten to rob children of their future, hope becomes resistance. It is the assurance that God's promises are unshakable, even when storms rage. Anchoring in hope means refusing to be swept away by despair, and instead clinging to Christ who has gone before us, securing our salvation.

Thus, the anchor of hope links truth (Week 1) with faith (Week 2). Truth reveals the darkness; hope steadies us to endure it. Together, they empower families and communities to resist destructive forces and to live with resilience.

Family Discussion

1. How does Hope in Christ act as anchor when we face storms like addiction, stigma, or despair?
2. What promises of God give us strength to hold firm when life feels uncertain?
3. How can families teach children to anchor their lives in Christ's hope, protecting their future against destructive influences?
4. In what ways does hope connect truth (Week 1) with faith (Week 2)?

Family Prayer

"Lord of hope, anchor our souls in Your Word. When storms of addiction, fear, and despair rise against us, hold us firm in Your promises.

Teach us to live as people of truth and faith, carrying hope as our anchor into every struggle. Amen.

Family Daily Devotional Plan—Bible Month 2026

July 9—Romans 12:1-8

Renewed minds resist destructive patterns



"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good,

Reflection

Romans 12:1–8 reminds us that true transformation begins with the renewing of our minds. This renewal empowers us to resist destructive patterns—such as drug use, unsafe injections, and unsafe sex—that conform to the broken ways of the world. Instead, God's Spirit reshapes our thoughts and desires so that we cultivate new habits of compassion, responsibility, and advocacy. Renewal is not only about saying "no" to harmful behaviors but also about saying "yes" to life-giving practices that honor God and protect our communities.

Paul also teaches that we are one body with many members, each gifted uniquely. This means resisting destructive patterns is not an isolated effort but a communal calling. Some are gifted to teach truth, others to encourage, others to serve, and others to advocate against injustice. Together, we embody God's will by caring for those affected by drugs and HIV, challenging systems that exploit, and nurturing hope. Renewal of mind becomes renewal of community, where compassion and advocacy replace conformity and harm.

Family Application

Personal Renewal

Each family member reflects on one destructive pattern they see in their community and prays for God's renewing power to resist it.

Compassion Action

Discuss practical ways to show compassion to those affected by drugs or HIV—visiting, listening, supporting, or advocating.

Advocacy Together

As a household, commit to one small act of advocacy this week (e.g., sharing awareness on safe practices, speaking against drug trade influences, or supporting a local initiative).

Family Prayer

Lord, renew our minds so that we may resist the destructive patterns around us. Transform our hearts to be compassionate toward those suffering, and give us courage to advocate against the forces that exploit and destroy. May our lives be living sacrifices, holy and pleasing to You. **Amen.**

Family Daily Devotional Plan—Bible Month 2026

July 10—Philippians 4:4-13

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.



Reflection

Philippians 4:8–9 calls us to fix our minds on what is true, noble, right, pure, lovely, and admirable, and to put these virtues into practice so that God’s peace may dwell with us. This renewal of thought is vital because careless decisions—like unprotected sex or sharing needles—can bring devastating consequences, condemning innocent lives such as children who contract HIV through no fault of their own. By allowing Christ to transform our minds, we resist destructive patterns and instead cultivate responsibility, compassion, and advocacy. Choosing to think on what is excellent and praiseworthy reshapes our actions into life-giving practices that protect the vulnerable, break cycles of harm, and embody God’s peace in our communities.

Family Application

Mindful Choices

Reflect on how your decisions affect not only yourself but the lives of others, especially children.

Positive Focus

Practice dwelling on what is noble and pure, letting those thoughts guide responsible actions

Communal Safeguarding

Commit as a family or community to advocate for safe practices and to support those living with HIV

Family Prayer

God of peace, renew our minds so that our thoughts and actions reflect what is true, noble, and pure. Guard us from careless choices that bring harm, and protect the innocent—especially children—who suffer consequences they did not choose. We remember those little ones who contract HIV through no fault of their own; surround them with healing, dignity, and hope. Strengthen families to act responsibly, communities to advocate for justice, and leaders to safeguard life. Amen.

Family Daily Devotional Plan—Bible Month 2026

July 11—Psalm 46:1-11

God is our refuge and strength in trouble

1 God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging.

In the face of this raging tsunami of drugs and HIV crisis crossing our Ocean home, the one constant we can rely on is our faith in God. Psalm 46 describes its impact vividly as “mountains falling, seas roaring, the earth giving way”—yet declares that we will not fear because God is with us. In the same way, even when addiction, stigma, and careless choices shake families and condemn innocent lives, God remains steadfast. He is the refuge for children who suffer through no fault of their own, the strength for parents striving to change, and the ever-present help for communities advocating against destructive patterns.

Turning to God as refuge means more than seeking comfort; it means allowing His strength to transform our minds and actions. When we anchor ourselves



Christ Saviour of the World statue inside the old Cathedral in Olinda, Recife, Brazil

in Him, we resist the currents of drugs and unsafe practices, and instead cultivate compassion, responsibility, and advocacy. God’s presence empowers us to protect the vulnerable.

Family Discussions

Think Together

How does knowing God is our refuge help us face the chaos of addiction, stigma, or illness?

Share Stories

Where have you seen God’s strength at work in protecting or restoring lives?

Act Together

What practical steps can your family take this week to safeguard children and support those affected by HIV or drugs?

Family Prayer

Lord, You are our refuge and strength, an ever-present help in trouble. Protect the innocent, especially children who suffer through no fault of their own. Give courage to families, healing to those impacted, and wisdom to communities to resist harm and advocate for life. May Your peace reign even when the world shakes. Amen.

Family Daily Devotional Plan—Bible Month 2026

July 12—2 Corinthians 5:14-21 In Christ we are new creations

17 Therefore, if anyone is in Christ, the new creation has come: [the old has gone, the new is here! 18 All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: 19 that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. 20 We are therefore Christ's ambassadors..."



Reflection

Paul's words, "Christ's love compels us," remind us that in Him we become new creations—the old is gone, the new has come. For those battling addiction, this means the past no longer defines the future; reconciliation and renewal are possible through Christ's embrace. Families are called to be His ambassadors, breaking cycles of harm with compassion, patience, and hope, helping loved ones walk into their new identity and life transformed by Christ's love. It means instilling new behaviors, attitudes, and characteristics that reflect Christ's love—patience and encouragement instead of condemnation and silence.

Family Discussions

For the Addicted

Trust that in Christ you are a new creation; your past does not define your future.

For Families

Be Ambassadors of reconciliation—model Christ's love and help instill new patterns of life.

For Communities:

Create safe, supportive spaces where recovery is nurtured and stigma is broken.

Family Prayer

Lord Jesus, Your love makes us new. We lift up those receiving treatment for addiction—renew their minds, strengthen their hearts, and remind them of their new identity in You. Empower families to be ambassadors of reconciliation, breaking cycles of harm and instilling new habits of love and hope. May our communities reflect Your embrace, and the broken find healing. Amen.

Family Daily Devotional Plan—Bible Month 2026

July 13—Matthew 11:25-30

Christ offers Rest to the Weary



²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Reflection

Jesus invites the weary and burdened to come to Him for rest, promising that His yoke is easy and His burden light. This is a word of hope for sufferers, for those receiving treatment for addiction, and for all who labor tirelessly in the fight against drugs and HIV—mental health workers, police, NGOs, churches, and families. The struggle often feels overwhelming, but Christ’s loving embrace reminds us that we are not alone. His concern is for both the afflicted and the caregivers, offering rest and renewal for the journey.

Building on the week’s reflections, Matthew 11 shows us that transformation is not carried by human strength alone. To share our burdens with Jesus is to allow Him to reinvigorate us, to lighten the load, and to restore peace in the midst of chaos. Families and communities become ambassadors of His compassion when they walk alongside the weary, instilling new attitudes and behaviors rooted in Christ’s love.

Family Discussions

For the Afflicted

Trust Christ’s invitation—you burden can be shared, and your soul can find rest.

For the caregivers

Offload your exhaustion onto Jesus; let peace renew your strength.

For Communities

Stand together as ambassadors of Christ, supporting both sufferers and those who serve them.

Prayer for Families

Lord Jesus, You invite the weary to come and find rest. We lift up sufferers of addiction and HIV, and those who labor tirelessly in mental institutions, police forces, NGOs, churches, and families. Lighten their burdens, renew their strength, and fill them with Your peace. May Your easy yoke guide us all into compassion, resilience, and hope, so that our communities are transformed by Your love. Amen.

Family Daily Devotional Plan—Bible Month 2026

July 14 – Isaiah 40:27-31

Those who hope in the Lord renew their strength

29 He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.



Reflection

Isaiah 40:27–31 gathers the week’s readings into one promise: though we grow weary in the struggle against addiction, HIV, and the burdens of advocacy, God never tires and renews the faint. Romans and Philippians called us to renewed minds, Psalm 46 reminded us of God as refuge, 2 Corinthians proclaimed reconciliation, and Matthew invited the weary to rest. Now Isaiah assures us that those who hope in the Lord will soar on wings like eagles, run without growing weary, and walk without fainting—strengthened to move into Week 3 with fresh vigor and communal mission.

Family Discussion

For the Weary
Trust God’s promise of renewal; your strength will be restored.

For your Family

Encourage one another to wait on the Lord, knowing He sustains the journey. His steadfast Love never ceases; his mercies never come to an end; they are new every morning.

For your Community

Step into Week 3 with confidence, ready to soar together in mission and advocacy.

Family Pledge

1. We pledge to **trust God as our refuge and strength**, offloading our burdens onto Jesus to find rest and renewal.
2. We pledge to **live as ambassadors of Christ**, breaking cycles of addiction and instilling new attitudes of love, hope, and responsibility.
3. We pledge to **protect the innocent and support the weary**, waiting on the Lord to renew our strength so we may soar together in faith and mission.

Family Prayer

Lord, You are our refuge and strength. Renew the weary, protect the innocent, and

guide families to be ambassadors of Your love. Help us break cycles of harm and walk in new life, sustained by Your peace. Amen.