

ECHO CHURCH

No Games. No Gimmicks. Just God.

The Weight That Changes You

A 6-Day Devotional Companion to REBRAND: Part 2

Matthew 5:4 NKJV

Sunday, July 12, 2026 | Pastor Rich Saunders Jr.

How to Use This Devotional

Each day walks through one part of the message from Matthew 5:4, "Blessed are those who mourn, for they shall be comforted." Read the focus verse slowly. Sit with the reflection instead of rushing through it. Let the prayer become your own words to God. This is not information to collect. It is an invitation to feel the weight of what God is showing you, so you can receive the comfort He has promised.

Day 1 Learning to Let God Search You

“Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.”

Psalms 139:23–24 NKJV

Matthew 5:4 cannot be separated from the verse before it. Once you admit, “I need God,” you also become aware of what your life has looked like when you tried to live without Him. That is not an accident. Dependence produces sensitivity. When you stop defending yourself, you can finally see yourself.

Most of us have gotten skilled at managing what we do not want to face. We rename it. We excuse it. We blame the people around us. But none of that leads to healing, because you cannot mourn what you are still committed to defending. As long as you excuse it, you cannot grieve it. As long as you rename it, you cannot repent of it.

David did not ask God to search his enemies. He asked God to search him. That is the posture Matthew 5:4 is calling you into today, not vindication, but honest exposure. Not a request for God to prove you right, but a request for God to show you what is true.

You cannot mourn what you are still committed to defending.

Before you move through the rest of this week, ask yourself what you have been defending that God is trying to reveal. What have you renamed so you would not have to confront it? Have you been asking God to search you, or only to vindicate you?

Prayer

Father, I invite You to search me today. I do not want to defend what You are trying to heal. Show me what I have excused and renamed so I would not have to face it. I am not asking You to vindicate me. I am asking You to know me, all the way down, and to lead me in the way everlasting. In Jesus’ name, amen.

Day 2 When the Word Gets Heavy

“For the word of God is living and powerful, and sharper than any two-edged sword...”
Hebrews 4:12 NKJV

We often want Scripture to inspire us, encourage us, and comfort us, and it does all of that. But Scripture also corrects us. It confronts us. It exposes us. It reveals the difference between our preferences and God’s standard. The Word of God is not merely a mirror that shows you what you like; it is a mirror that shows you what is actually there.

It is possible to become so familiar with the Bible that you learn how to admire it without submitting to it. You can quote it without obeying it, underline it without letting it examine you, and say, “That was a good Word,” without ever asking, “What must change because of the Word?”

The weight of Scripture is not meant to destroy you. It is meant to prevent you from remaining unchanged.

Not every spiritual moment is loud. Some of the deepest ones are quiet, because God is doing surgery in the soul. If something you read today makes you uncomfortable, resist the urge to move past it quickly. That discomfort may be the very thing God wants to use to change you.

When was the last time Scripture changed your mind, or confronted something you wanted to keep? Do you measure a sermon, or a devotional like this one, by how encouraged you felt, or by how transformed you became?

Prayer

Lord, I do not want to admire Your Word without submitting to it. Let it cut where it needs to cut today. I am willing to feel the weight of what You are showing me, because I trust that the weight is not meant to destroy me, it is meant to change me. In Jesus’ name, amen.

Day 3 The Grief That Is Not Weakness

"The sacrifices of God are a broken spirit, a broken and a contrite heart, these, O God, You will not despise."

Psalm 51:17 NKJV

Our culture treats mourning like weakness. Move on quickly. Push through. Do not let anyone see you cry. But Jesus says there is a blessing connected to those who mourn, which means mourning is not the opposite of faith. Sometimes it is evidence that faith is alive. You mourn because your heart is still sensitive. You mourn because you have not become numb. You mourn because what grieves God is beginning to grieve you.

God does not reject a broken heart. God rejects a hardened one. Brokenness is not the end of the believer; it is often where transformation begins.

This kind of mourning is not self-hatred, and it is not shame rehearsed on repeat. Kingdom mourning does not say, "I am worthless." It says, "This is not who God created me to be, and I cannot remain comfortable here."

God cannot heal the version of you that you are determined to hide.

Is there a grief you have been suppressing because you were taught that feeling it made you weak? Today, let yourself feel it in God's presence instead of hiding it from Him.

Prayer

God, I have believed that grieving what is broken in me makes me weak. Teach me the difference between shame that hides and sorrow that heals. I do not want a hardened heart. I want a heart that is honest enough to break in front of You. In Jesus' name, amen.

Day 4 Conviction Is Not Condemnation

"There is therefore now no condemnation to those who are in Christ Jesus..."

Romans 8:1 NKJV

Many of us run from conviction because we confuse it with condemnation. Condemnation pushes you away from God. Conviction draws you toward Him. Condemnation says, "You are hopeless." Conviction says, "You need help." Condemnation says, "Hide." Conviction says, "Come closer."

The absence of condemnation does not mean the absence of correction. God can correct you without rejecting you, confront you without abandoning you, and reveal what is wrong without declaring that you are beyond restoration.

"For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death."

2 Corinthians 7:10 NKJV

There is a sorrow that leads to life. Godly sorrow does not leave you trapped in grief; it moves you toward repentance.

Conviction is not God pushing you away. Conviction is God refusing to leave you where He found you.

When God corrects you, do you tend to hide from Him, or move toward Him? Have you been confusing being confronted with being rejected? Is your sorrow producing change in you, or is it just producing shame?

Prayer

Father, thank You that there is no condemnation for me in Christ. When You correct me, help me run toward You instead of hiding. Let my sorrow lead somewhere. I do not want to stay stuck in shame. I want to walk into the repentance that leads to life. In Jesus' name, amen.

Day 5 The Comforter Who Meets You There

“And I will pray the Father, and He will give you another Helper, that He may abide with you forever.”
John 14:16 NKJV

Grace welcomes you as you are, but grace loves you too much to leave you as you are. That is why the church, and your own walk with God, should never be a place that only comforts without ever confronting what is destroying you. Truth without love can wound. Love without truth can enable. The Kingdom brings both together so that you can actually grow.

“But, speaking the truth in love, may grow up in all things into Him who is the head, Christ.”
Ephesians 4:15 NKJV

Jesus does not say mourners might be comforted; He says they shall be comforted. The promise is tied to the posture. There is a comfort you cannot receive as long as you keep suppressing what needs to be grieved. You cannot receive comfort for pain you refuse to acknowledge.

The Holy Spirit is the Comforter, but His comfort is not always the removal of discomfort. Sometimes He comforts you by giving you the strength to finally confront what you have been avoiding. Sometimes He reminds you that repentance will not destroy you. Sometimes He simply gives you the power to become what conviction has revealed you are not yet.

The Comforter does not always make the moment easier. Sometimes He makes transformation possible.

What would change today if you stopped resisting the Comforter, and let Him meet you exactly where you have been avoiding Him?

Prayer

Holy Spirit, I need You to be more than comfortable company. Give me the strength to confront what I have been avoiding. Remind me that repentance will not destroy me. I want Your truth and Your love together in my life, not one without the other. In Jesus' name, amen.

Day 6 What Breaks Your Heart Reveals What You Love

"Blessed are those who mourn, for they shall be comforted."

Matthew 5:4 NKJV

People grieve what matters to them. When something has no value to you, its loss produces no sorrow. So the real question this week has been building toward is this: what actually has the power to break your heart?

Do you grieve when your plans fail, but not when your character fails? Do you grieve when people disappoint you, but not when you disobey God? Do you grieve over what affects your image, but ignore what affects your intimacy with Him?

Spiritual maturity is revealed by what has the power to break your heart.

When God begins to transform you, you begin to care about what He cares about. His heart for people becomes your heart for people. His grief over injustice becomes your grief over injustice. Mourning is not only personal; mature believers learn how to mourn beyond themselves.

The invitation this week was never to stay in the weight. It was to let the weight do what it was designed to do, drive you into the presence of God. The comfort is not found in denying what is heavy. The comfort is found when the weight brings you to Him.

Before you close this devotional, be honest with yourself one more time. What has God revealed this week that you have refused to grieve? What have you normalized that He desires to transform? What would change if you finally stopped resisting the Comforter?

Prayer

Lord, let my heart break over what breaks Yours. Show me what I have been avoiding, and give me the courage to grieve it honestly in Your presence. I do not want to carry this weight alone anymore. I bring it to You, and I trust Your promise, that those who mourn will be comforted. In Jesus' name, amen.