



The Harness Weekly Devotional

Week Twelve

Bible Verse of the Week: 1 Thessalonians 5:22

²²Abstain from every form of evil.

Monday -

The Command to Withdraw:

To "hold oneself off" or keep at a distance and avoid evil is an active choice, not a passive hope.

True abstinence requires identifying hazards before you reach them. Identify one environment (digital or physical) that leads to negative thoughts and "put distance" between yourself and that space today.

Tuesday -

Understanding "Every Form":

Evil appears in many "species" or "kinds"—from outward acts to inward corruption.

We often focus on "big" sins while ignoring "pet" vices such as gossip or pride. No sin is too small to be ignored.

Wednesday - Guarding Your Witness:

Avoiding even the "appearance" of evil to protect your testimony. Our actions are a witness to others. Even if something isn't technically "sin" for you, if it looks like evil to others, it can become a stumbling block for them.

Thursday -

Testing Before Resting:

This verse follows verse 21: "Test all things; hold fast what is good." You cannot abstain from evil if you cannot recognize it. Use the Bible as your "testing kit" for every influence and philosophy. If it fails the test of Scripture, reject it.

Friday -

Fleeing vs. Flirting:

The Bible instructs us to "flee" from evil rather than testing how close we can get to it.

We often flirt with the "edges" of sin to test our strength. True wisdom knows when to run. Sometimes the most spiritual act is to leave the room.

Saturday -

Empowered for Purity:

This command is followed by the promise that "the God of peace Himself will sanctify you completely." You cannot achieve holiness through willpower. The Holy Spirit provides the discernment to see evil and the strength to turn away. Your part is the choice; His part is the power.