



The Harness Devotional

April 6 - 11

Verse: Genesis 3:15 - And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel" (NIV).

Song: O Praise the Name (Anástasis)" -by Hillsong Worship

This song walks us through the entire narrative of the verse- beginning with the crucifixion's darkness, moving to the triumph of the empty tomb. We are reminded that though the enemy struck His heel on Friday, Jesus rose in victory on Sunday, crushing the enemy's power.

Monday - Day 1: The Context of Conflict

Focus: "And I will put enmity between you and the woman..." God draws a spiritual boundary. The struggle between good and evil is a reality set by God to separate His people from the serpent's influence.

Opening Prayer: Lord, as I begin this study, open my eyes to the spiritual realities around me. Thank You for being a God who seeks us out even in our darkest moments.

Reflection: In what areas of my life do I feel a "spiritual war" or internal conflict between following God's way and the world's way?

Tuesday - Day 2: The Two Lineages

Focus: "...and between your offspring and hers;" This sets the stage for the whole Bible—a tale of two "seeds." One follows the world; the other follows God.

Opening Prayer: Father, help me to walk in the light today. Grant me the discernment to see which paths lead to You and which lead away.

Reflection: When I examine my choices this week, do they reflect a lineage of faith and obedience, or are they being dictated by worldly influences?

Wednesday - Day 3: The Humanity of the Savior

Focus: "...her offspring [the Seed]..." This hints at a unique birth (the Virgin Birth). Our Rescuer had to be fully human to represent us and reclaim what was lost in Eden.

Opening Prayer: Jesus, thank You for becoming one of us. I am grateful that You understand my weaknesses and have walked in my shoes.

Reflection: How does knowing that Jesus was fully human change the way I approach Him with my personal struggles and pain?

Thursday - Day 4: The Targeted Attack

Focus: "...you will strike his heel." The serpent gets a shot in, representing Christ's suffering on the cross. It's a reminder that a "heel wound" is painful, but it is not fatal.

Opening Prayer: Lord, thank You for enduring the "strike" for my sake. Help me to trust You when I face my own trials and suffering.

Reflection: Can I identify a time when a "heel wound"—a temporary setback or trial—actually served to strengthen my trust in God's ultimate plan?

Friday - Day 5: The Final Victory

Focus: "He will crush your head..." While the heel is nipped, the head is crushed. Through the Resurrection, Jesus dealt a definitive death blow to the power of sin and death.

Opening Prayer: Almighty God, I praise You for the definitive victory of the Resurrection. Thank You that the enemy's power is broken.

Reflection: If I truly believed that the "big battle" was already won, how would that change my level of anxiety about my current circumstances?

Saturday - Day 6: The Promise of Hope

Focus: (The Full Verse) God provided a plan for rescue before He even issued the punishment. Grace always moves faster than judgment.

Opening Prayer: Heavenly Father, thank You for Your relentless pursuit of me. I am amazed that Your first response to my failure was a promise of rescue.

Reflection: What is the difference between waiting for something with hope versus waiting without it? How does God's first promise in Eden give me hope today?