



The Harness Devotional

May 11 - May 16

Verse: (Genesis 29:17, 23, 25, 31, 31:1).

29:17 - Leah had weak eyes, but Rachel was lovely in form, and beautiful.

29:23 - But when evening came, he took his daughter Leah and gave her to Jacob, and Jacob lay with her.

29:25 - When morning came, there was Leah! So Jacob said to Laban, "What is this you have done to me? I served you for Rachel, didn't I? Why have you deceived me?"

29:31 - When the Lord saw that Leah was not loved, he opened her womb, but Rachel was barren.

30:1 - When Rachel saw that she was not bearing Jacob any children, she became jealous of her sister. So she said to Jacob, "Give me children, or I'll die!" (NIV).

Worship Song for the Week: "You Say" by Lauren Daigle

This song is the perfect anthem for Leah (and us), reminding us that the only voice that matters is the one saying we are loved, strong, and His

Monday - Day 1: The Weight of Comparison

Focus: "Leah had weak eyes, but Rachel had a lovely figure and was beautiful" (29:17). We often start our stories by looking at what we lack compared to someone else. Leah lived in the shadow of Rachel's "standard" beauty.

Opening Prayer: Lord, forgive me for the times I've looked at others to determine my own worth. Help me to stop measuring my value by someone else's highlight reel.

Reflection: In what areas of my life am I currently letting "comparison" steal my joy or distort my view of how You made me?

Tuesday - Day 2: The Pain of Being a "Substitute"

Focus: "But when evening came, he took his daughter Leah and brought her to Jacob... When morning came, there was Leah!" (29:23, 25) Imagine the heartbreak of being "the wrong one" when the light hit. Leah experienced the deep sting of being unwanted and used in a scheme.

Opening Prayer: Father, thank You that I am never a "backup plan" to You. You chose me on purpose. Heal the wounds left by people who made me feel like an afterthought.

Reflection: Have I ever felt like a "second choice"? How can I take that pain to God instead of letting it define my identity?

Wednesday - Day 3: The God Who Sees

Focus: "When the Lord saw that Leah was not loved, he enabled her to conceive..." (29:31). This is a turning point. Jacob didn't see Leah's value, but the Lord saw. God's attention is drawn to the unloved and the overlooked.

Opening Prayer: Lord, thank You for being the God who sees me when others look past me. Your gaze is the only one that truly matters.

Reflection: How does it change my day to know that God's eyes are specifically on the parts of my life that feel "unloved" or "unseen"?

Thursday - Day 4: The Danger of "If Only"

Focus: "She said, 'Now at last my husband will become attached to me...'" (29:34). Leah hoped each child would finally win Jacob's heart. She was looking for a "human" fix to a spiritual ache.

Opening Prayer: Jesus, help me to stop saying, "If only I had [X], then I would be happy." Be my "at last." Fill the gaps that no human relationship can ever bridge.

Reflection: What is the "If only..." I am currently chasing, and can I honestly say that it will satisfy me more than God's love?

Friday - Day 5: The Toll of Envy

Focus: "When Rachel saw that she was not bearing Jacob any children, she became jealous of her sister." (30:1) Even the "beautiful" Rachel was miserable. Envy proves that even if you have what others want, you'll still be unhappy if you're looking sideways instead of upward.

Opening Prayer: Lord, protect my heart from envy. Help me realize that someone else's blessing is not my lack, and Your timing for them isn't a rejection of me.

Reflection: Is there someone I am jealous of right now? What would it look like to pray for their success instead of resenting it?

Saturday - Day 6: Praise Over Preference

Focus: "She conceived again... and said, 'This time I will praise the Lord.' So she named him Judah." (29:35) Leah finally stopped looking at Jacob and started looking at God. She praised God not because her marriage was perfect, but because God was enough.

Opening Prayer: Heavenly Father, I choose to praise You "this time." Not because my circumstances have changed, but because You haven't. You are my portion and my prize.

Reflection: Can I offer God a "This time I will praise" moment today, even in the middle of an unresolved or painful situation?