



The Harness Devotional

August 1 – 8, 2026

Elizabeth, Mother of John the Baptist

Verses: Luke 1:5-80

Luke 1:5-7: In the time of Herod, king of Judea, there was a priest named Zechariah, who belonged to the priestly division of Abijah; his wife Elizabeth was also a descendant of Aaron. Both of them were upright in the sight of God, observing all the Lord's commandments and regulations blamelessly. But they had no children, because Elizabeth was barren; and they were both well along in years. (NIV)

Luke 1:24-25: After this his wife Elizabeth became pregnant and for five months remained in seclusion. "The Lord has done this for me," she said. "In these days he has shown his favor and taken away my disgrace among the people." (NIV)

Song of the week: Promises by Maverick City Music

This song celebrates the unwavering faithfulness of God rooted in the biblical truth that **God always keeps His promises, regardless of life's uncertainties or changing circumstances.** It is a declaration of faith that invites us as believers to anchor their hope in God's unchanging nature, affirming that **because God is faithful, His promises are certain.** It encourages us towards perseverance, hope, and wholehearted trust in the One who has never failed and never will.

Monday: A Righteous Foundation

Focus: Luke 1:5–6: "In the days of Herod, king of Judea, there was a priest named Zechariah... And they were both righteous before God, walking blamelessly in all the commandments and statutes of the Lord. (ESV)

Reflection: Elizabeth lived faithfully during a quiet, long season of personal disappointment. It is easy to obey when blessings flow, but true righteousness is forged in the hidden seasons of waiting. Like a life built on a firm foundation, she chose obedience over bitterness and to honor God even when her deepest prayers remained unfulfilled.

Where is God asking me to stay faithful even without seeing visible results?

Daily Action Step: Identify one area where you have felt discouraged. Commit to doing the right thing in that area today, even if nobody is watching.

Tuesday: Waiting in Hope

Focus: Luke 1:7 "But they had no child, because Elizabeth was barren, and both were advanced in years. (ESV)

Reflection: True faith persists even when prayers seem completely unanswered. Elizabeth faced the cultural stigma of barrenness every day, yet she did not abandon her trust in God. When your personal timeline runs out and circumstances seem dead, remember that God's delays are not His denials.

Pray for the strength to trust God's timing over your own timeline.

Daily Action Step: Write down a promise from Scripture that speaks to your current season of waiting. Place it somewhere you will see it throughout the day.

Wednesday: God Removes Reproach

Focus: Luke 1:24–25 "After these days his wife Elizabeth conceived... saying, 'Thus the Lord has done for me in the days when he looked on me, to take away my reproach among people. (ESV)

Reflection: God remembers His people, replacing hidden grief with public praise. Elizabeth spent decades carrying a heavy burden of shame, but in a single season, the Lord completely turned her situation around. He remains fully capable of transforming what was meant for evil or sorrow into a powerful, living testimony of His goodness.

What secret pain or disappointment do I need to surrender to God today?

Daily Action Step: Share a testimony of something God has already done for you with a friend or family member to build up their faith.

Thursday: Fellowship of Faith

Scripture: Luke 1:39–41 "In those days Mary arose and went with haste... and when Elizabeth heard the greeting of Mary, the baby leapt in her womb. And Elizabeth was filled with the Holy Spirit. (ESV)

Reflection: Elizabeth welcomes Mary, demonstrating a heart completely free from spiritual jealousy. Though Mary was chosen to carry the Messiah, Elizabeth did not compare her blessing to the younger woman's calling. True community thrives when we celebrate the hand of God on another person's life without letting envy take root in our own hearts.

Ask God to help you celebrate others' blessings without comparison.

Daily Action Step: Reach out to someone who is experiencing a season of blessing or promotion and genuinely congratulate them.

Friday: Prophetic Affirmation

Focus: Luke 1:42–45 "And she exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb! ...And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord. (ESV)

Reflection: Filled with the Holy Spirit, Elizabeth validates the younger mother-to-be. Her words provided critical encouragement to Mary during a time of immense vulnerability and isolation. God calls us to use our spiritual maturity to speak life, unlock

blessings, and confirm His promises in the lives of those walking behind us.

Who in my life needs intentional words of spiritual encouragement this week?

Daily Action Step: Send a specific prayer, text, or voice note to a younger woman or believer to encourage them in their specific calling.

Saturday: Standing on God's Word

Focus: Luke 1:57–60 "Now the time came for Elizabeth to give birth... And they would have called him Zechariah after his father, but his mother answered, 'No; he shall be called John. (ESV)

Reflection: Elizabeth obediently protects her son's identity against traditional family pressures. When the culture and people around her demanded she conform to historical expectations, she chose to stand firmly on what God had spoken. Radical obedience often requires us to break away from traditional patterns to protect the new thing God is doing.

Pray for the strength to choose obedience to God over people-pleasing.

Daily Action Step: Evaluate your commitments today. Practice saying a healthy, firm "no" to something that aligns with people-pleasing rather than God's peace.