



The Harness Devotional

19 October–24 October, 2026

Junia: Named Apostle.

Verses: Romans 16:7

"Greet Andronicus and Junia, my relatives who have been in prison with me. They are outstanding among the apostles, and they were in Christ before I was." (NIV)

Song of the week: "Champion" by Bethel Music & Dante Bowe.

"Champion" declares that because Jesus has conquered it all, believers can stop striving for acceptance, embrace their identity in Christ, and live confidently from the victory He has already won. It is about "Knowing Who You Are in Christ", "Living from Victory, Not for Victory," or "When God Turns Brokenness into Glory."

Monday, Day 1: The Hidden Champion

Scripture: "Greet Andronicus and Junia, my countrymen and my fellow prisoners..." — Romans 16:7

The Message: The Bible mentions Junia only once, but her single verse packs a massive punch. For a long time, people tried to hide her identity by changing her name to a man's name in history books. But the truth stands firm: Junia was a woman who loved Jesus fiercely. You might feel hidden, overlooked, or quiet in your current season of

life. But remember that God sees your work, knows your true identity, and values your contribution to His kingdom.

Reflection Question: Have you ever felt like your spiritual work was invisible to others? How does God's view of you change that?

Prayer: *Lord, thank you that I am fully seen by you. Help me serve you faithfully, even when no one else is watching.*

Tuesday, Day 2: Going Before the Rest

Scripture: "...who also were in Christ before me." — Romans 16:7

The Message: The apostle Paul was a giant of the faith, but he admitted that Junia was a Christian before he was. She was running the race of faith while Paul was still fighting against the church. Junia reminds us of the power of spiritual maturity. Older or more experienced Christian women have a beautiful duty to show the way to others. Your years of praying and trusting God are a guiding light for the younger women behind you.

Reflection Question: Who is a mature Christian woman you can look up to, or how can you lead someone younger today?

Prayer: *Jesus, thank you for the godly women who paved the way for me. Give me the wisdom to pass my faith down to others.*

Wednesday, Day 3: Chains and Courage

Scripture: "...my fellow prisoners..." — Romans 16:7

The Message: Junia did not live a comfortable, safe lifestyle. She actually went to prison alongside Paul for preaching about Jesus. She

was willing to lose her physical freedom to keep her spiritual freedom. Genuine faith requires real courage. When we face hard times, mean comments, or pushback for our beliefs, we can look to Junia. God gives us that same holy bravery to stand tall in the face of suffering.

Reflection Question: In what area of your life do you need more courage to speak up or stand firm for Jesus?

Prayer: *Holy Spirit, fill me with boldness. Give me the strength to stand for truth even when it costs me something.*

Thursday, Day 4: High Honor and Respect

Scripture: "They are outstanding among the apostles..." — Romans 16:7

The Message: The Greek word for "outstanding" means highly respected, remarkable, or eminent. Junia was not just a helper; she was recognized as a prominent leader who traveled and planted churches. Early church fathers marveled at her deep wisdom and leadership. God does not limit His blessings or leadership gifts by gender. He trusts and honors women with major assignments in His house.

Reflection Question: Do you truly believe that God wants to use your specific gifts to impact His church in a big way?

Prayer: *Father, thank you for giving me a distinct purpose and calling. Help me step into my gifts with confidence.*

Friday, Day 5: Dynamic Partnerships

Scripture: "Greet Andronicus and Junia..." — Romans 16:7

The Message: Junia did not work alone. She is always listed alongside Andronicus, who was likely her husband or brother. Together, they formed a highly effective ministry team. God never intended for us to live out our faith in total isolation. We need healthy, godly partnerships in our marriages, friendships, and church communities. We accomplish so much more when we build each other up and work together.

Reflection Question: Who can you team up with this week to serve someone in need or spread God's love?

Prayer: *Jesus, bring godly friends and partners into my life. Teach us how to serve your people better together.*

Saturday, Day 6: A Lasting Legacy

Scripture: "...they are outstanding among the apostles..." — Romans 16:7

The Message: Centuries have passed, but Junia's legacy of hard work, prison time, and fiery faith still inspires us today. She did not live for the brief applause of her culture; she lived for an eternal reward. Our daily choices are building a spiritual legacy for our children, our families, and our friends. Let us build a life marked by deep devotion, consistent prayer, and absolute loyalty to Jesus.

Reflection Question: What kind of spiritual footprint do you want to leave behind for the next generation?

Prayer: *Lord, let my life match the devotion of Junia. Use my story to inspire other women to love you forever. Amen.*