

CAYA
MINISTRIES
— OF ROCHESTER —

*Come As You Are But Leave Transformed
By the Love of Christ!*

SEVEN DAYS OF *Hope*

A CAYA MINISTRIES DEVOTIONAL

*Finding God's Love, Renewing Your Faith,
and Discovering Hope for the Journey*

ENCOUNTER | GROW | SERVE | BELONG

A Personal Invitation from Pastor Herb and First Lady Marion Spencer

Dear Friend,

Life can be challenging. Some days bring joy, while others bring disappointment, uncertainty, and questions that we struggle to answer. Sometimes we find ourselves wondering whether things will ever change or whether God truly understands what we are going through.

The good news is that our hope does not depend upon having a perfect life. Our hope rests in a faithful God who meets us in the middle of our circumstances.

Throughout the next seven days, we invite you to open your heart to God's Word, and discover how His presence can strengthen you, His promises can encourage you, and His love can transform your life.

We pray that these seven days will remind you that God has not abandoned you, that your circumstances do not define your future, and that hope is still available to you. May you discover the transforming love of Jesus Christ in a fresh and meaningful way.

With Christian love,

Pastor Herb and First Lady Marion Spencer
CAYA Ministries of Rochester

HOW TO USE THIS DEVOTIONAL

Set aside approximately 10–15 minutes each day for your devotional time.

For each day:

1. **Read the Scripture.** Take your time and consider what God's Word is saying.
2. **Reflect on the devotional thought.** Think about how the message connects with your life.
3. **Answer the reflection question.** Be honest with yourself and God.
4. **Pray the daily prayer.** Use the suggested prayer as a starting point for your own conversation with God.
5. **Complete the practical action.** Turn what you have learned into something you do.

There is no need to rush. The goal is not simply to finish seven days of reading. The goal is to allow God's Word to shape how you live.

DAY 1

YOU ARE WELCOME HERE

Discovering the God Who Meets You Where You Are

Today's Theme: Acceptance, grace, and belonging

Today's Scripture

Romans 15:7 (KJV)

"Wherefore receive ye one another, as Christ also received us to the glory of God."

Devotional Thought: You Don't Have to Get Everything Right First

Have you ever felt that you needed to get your life together before approaching God?

Perhaps you thought that you needed to overcome a bad habit, resolve a family problem, become more consistent in prayer, or stop making certain mistakes before you could truly belong in a church.

Maybe you have experienced judgment from people who seemed to expect perfection from you while overlooking their own struggles.

If you have ever felt this way, remember this: **God's invitation to come to Him is not reserved for people who have everything figured out.**

Jesus consistently reached out to people who were hurting, overlooked, rejected, and struggling. He saw beyond their circumstances and recognized their God-given worth.

Consider the woman at the well in **John 4**. She came to draw water, but she encountered Jesus, who knew her story and still engaged her in a meaningful conversation. He did not pretend her circumstances were unimportant, but neither did He reduce her identity to her past.

That encounter changed her life.

This is the beauty of God's grace. He knows the truth about us and still invites us into a relationship with Him.

Grace does not mean that our choices never matter. Rather, grace means that our failures do not have to be the final word about our lives.

At CAYA Ministries, we believe that people should have the opportunity to encounter the love of Christ without feeling that they must pretend to be someone

that they are not. You can come with your questions. You can come with your disappointments. You can come with your brokenness. You can come with your hopes and dreams.

You can come as you are because God's love is an invitation to begin again.

You do not have to remain where you are, either. God's love welcomes you and invites you to grow.

Today, allow yourself to receive that invitation. You are not required to earn God's attention. You are invited to respond to His love.

Reflective Question

What part of your life have you been afraid to bring honestly before God, and what would it mean to trust Him with it today?

Write your thoughts:

Today's Prayer

Heavenly Father, thank You for loving me even when I struggle to love myself. Thank You for welcoming me into Your presence and giving me the opportunity to begin again. Help me release the fear that I must be perfect before I can approach You. Teach me to receive Your grace and extend that same grace to others. Let my life become a reflection of Your welcoming love. In Jesus' name, Amen.

Your Practical Action for Today

Extend grace to yourself and someone else.

Think of one mistake that you have been holding against yourself. Acknowledge what you can learn from it, ask God for wisdom, and take one step toward moving forward. Then reach out to someone who may feel overlooked or unwelcome. Offer an encouraging word, make a phone call, or simply listen without judgment.

Today's Reminder: I am welcomed by God's grace, and I can extend that grace to others.

DAY 2

WHEN LIFE FEELS UNCERTAIN

Learning to Trust God One Step at a Time

Today's Theme: Faith, trust, and uncertainty

Today's Scripture

Proverbs 3:5–6 (KJV)

"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

Devotional Thought: You Don't Have to See the Whole Road

One of the most difficult parts of life is not knowing what comes next. You may be waiting for a medical answer, looking for employment, trying to repair a relationship, managing financial pressure, or wondering whether a decision you made was the right one.

Uncertainty has a way of occupying our minds. We replay conversations, imagine possible outcomes, and attempt to solve problems that have not yet happened.

Sometimes we become so focused on finding answers that we forget to seek God's presence.

Proverbs 3:5–6 reminds us that trusting God involves more than believing He exists. It means learning to depend on His wisdom when our own understanding is incomplete.

Notice that the passage does not promise that we will immediately understand every situation. Instead, it calls us to trust God with our whole hearts. Faith is not the same as having all the answers. Faith is choosing to walk with God even when we cannot see the entire road ahead.

Think about a flashlight on a dark path. It may illuminate only the next few feet, but that light is enough to help you take another step.

God often guides us in a similar way. We may want Him to reveal the next five years, while He is inviting us to be faithful with today's responsibilities.

We want certainty but God calls us to trust.

We want every detail explained but God invites us into a relationship.

We want to control the outcome but God asks us to surrender our lives to His wisdom.

Trusting God does not mean ignoring practical responsibilities. It means doing what we can while acknowledging that we cannot control everything.

You can make the phone call, prepare for the interview, seek wise counsel, work on the relationship, and manage your finances responsibly while trusting God with what remains beyond your control. You do not need to understand the entire journey to take the next faithful step.

Sometimes faith is not knowing what tomorrow will bring but knowing whom you will trust when tomorrow comes.

Reflective Question

What uncertainty is consuming your thoughts right now, and what is one part of that situation you can surrender to God?

Write your thoughts:

Today's Prayer

Lord, You know the questions I carry and the situations I cannot control. Forgive me for allowing uncertainty to rob me of peace. Help me trust Your wisdom when I cannot see the way forward. Give me

courage to do what is right today and patience to wait for what I cannot yet see. Guide my decisions and help me recognize the next step You are calling me to take. In Jesus' name, Amen.

Your Practical Action for Today

Identify one worry and take one faithful step.

Write down a situation that has been causing you anxiety.

Divide a sheet of paper into two columns:

- **What I can do:** Actions within your responsibility.
- **What I cannot control:** Outcomes, other people's choices, and circumstances beyond your control.

Choose one responsible action from the first column and complete it today.

Then pray over the second column, reminding yourself that you do not have to control everything to remain faithful.

Today's Reminder: I may not know the entire path, but I can trust God with my next step.

DAY 3

HOPE IN THE MIDDLE OF HARD TIMES

Discovering Strength When Life Hurts

Today's Theme: Perseverance, suffering, and hope

Today's Scripture

Romans 12:12 (KJV)

"Rejoicing in hope; patient in tribulation; continuing instant in prayer;"

Devotional Thought: You Can Hurt and Still Have Hope

Sometimes Christians feel pressure to appear strong even when life is breaking their hearts. We may believe that if we have enough faith, than we should never feel discouraged, overwhelmed, disappointed, or afraid.

But the Bible does not present faith as an escape from every painful human emotion. Scripture gives us the Psalms, where God's people cry out in anguish. It tells us about Job, who experienced devastating loss. It shows us Jeremiah, who grieved

over the condition of his people. It even reveals Jesus weeping at the tomb of Lazarus. Faith does not require us to deny our pain.

Faith gives us somewhere to take our pain.

There is a difference between pretending that everything is fine and trusting God while admitting that things are difficult. You can believe God is faithful and still grieve a loss. You can trust God's promises and still struggle with disappointment. You can pray with confidence and still have questions. You can encourage someone else while recognizing that you need encouragement, too.

Romans 12:12 gives us three practical instructions: rejoice in hope, remain patient in tribulation, and continue in prayer. These instructions do not tell us that hardship is easy. They remind us that hardship does not have to separate us from the hope we have in God.

Consider the difference between a storm and an anchor. An anchor does not prevent the storm from coming. It helps keep a vessel from drifting away.

Hope can serve a similar purpose in our lives. It does not always remove our difficulties, but it reminds us that our circumstances are not the whole story.

You may not be able to change what happened yesterday. You may not be able to resolve every problem today. But you can ask God for strength to

face this moment, wisdom to make your next decision, and courage to keep moving forward.

And remember that hope is not always something that we manufacture within ourselves. Sometimes hope comes through a friend who listens, a church member who checks on us, a counselor who helps us process our struggles, or a community that reminds us we do not have to carry everything alone.

There is no shame in seeking help. There is no weakness in admitting that you are tired. There is no failure in taking time to heal. The presence of pain does not mean the absence of God.

You can be honest about your hardship without surrendering your hope.

Reflective Question

What hardship have you been carrying alone, and who could help you find strength, encouragement, or support?

Write your thoughts:

Today's Prayer

Father, You know the burdens that I carry, including the ones which I have not shared with anyone else. When I feel tired, give me strength. When I feel discouraged, renew my hope. When I do not understand what is happening, help me remain connected to You. Give me the courage to ask for help when I need it and the humility to receive encouragement from others. Remind me that I do not have to face every hardship alone. In Jesus' name, Amen.

Your Practical Action for Today

Take one step toward support and renewal.

Choose one of the following actions:

- Call someone you trust and honestly share how you are doing.
- Spend 10 minutes in prayer without trying to rush through it.
- Take a peaceful walk and reflect on God's faithfulness.
- If a problem feels overwhelming, identify a qualified professional, counselor, or support resource that may help.

You do not have to solve your entire situation today. Focus on the next healthy step.

Today's Reminder: My pain is real, but it does not have to have the final word.

DAY 4

GOD IS NOT FINISHED WITH YOU

Finding Purpose in Every Season of Life

Today's Theme: Purpose, growth, and new beginnings

Today's Scripture

Philippians 1:6 (KJV)

"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:"

Devotional Thought: Your Story Is Still Being Written

Have you ever looked back over your life and wondered whether you missed your opportunity?

Perhaps you regret a decision you made years ago. Maybe you feel that certain dreams are no longer possible. You might believe that your past mistakes have limited what God can do through you.

Sometimes we compare our lives with the lives of others and conclude that we are behind.

Someone else appears to have found success earlier, raised a family differently, advanced in a career, or discovered a purpose that still seems unclear to us. Comparison can make us overlook the work that God is doing in our own lives.

Philippians 1:6 reminds us that spiritual growth is an ongoing work. God does not simply call us to follow Him and then abandon us to figure everything out alone. He continues to shape us, teach us, correct us, and develop our character.

This does not mean that every dream will unfold exactly as we imagined. Nor does it mean that we can avoid the consequences of every mistake. It means that our lives remain open to God's transforming work.

Think about Peter. He confidently declared his loyalty to Jesus, yet later denied knowing Him three times. Peter's failure was serious, but it was not the end of his story.

After His resurrection, Jesus restored Peter and entrusted him with responsibility for caring for His people. Peter's journey reminds us that failure can become part of a larger story of repentance, restoration, and service.

God can teach us through experiences that we would never have chosen. He can develop compassion through our struggles. He can deepen our humility

through our mistakes. He can give us opportunities to encourage others because we understand something about their pain.

The goal is not to celebrate our failures. The goal is to allow God to transform us through them.

Perhaps your next season will look different from the one you originally imagined. Perhaps your purpose will emerge through serving someone else. Perhaps the new beginning you need is not a completely different life but a renewed commitment to live the life God has placed before you.

You do not have to accomplish everything at once. You do not have to compare your progress with someone else's. You can begin again by asking God to show you what faithfulness looks like today.

Your past is part of your story, but it does not have to dictate every chapter that follows.

Reflective Question

What mistake, disappointment, or missed opportunity have you allowed to define you, and what might God be inviting you to learn or do differently?

Write your thoughts:

Today's Prayer

Gracious God, thank You for continuing to work in my life. Help me release the shame of past mistakes and learn from the experiences that have shaped me. Give me the courage to embrace growth, the humility to receive correction, and the faith to recognize new opportunities. Show me how to use my experiences, gifts, and abilities to serve You and others. Help me trust You with the person I am becoming. In Jesus' name, Amen.

Your Practical Action for Today

Take one small step toward growth.

Identify one area of your life where you want to grow spiritually, emotionally, relationally, or practically.

Write down one specific action you can take this week.

Examples include:

- Apologizing to someone you have hurt.
- Beginning a regular prayer routine.

- Asking a trusted person for guidance.
- Using a gift or skill to serve someone.
- Returning to a worthwhile goal you abandoned.
- Seeking help to address a recurring problem.

Make the first move today, even if it is small.

Today's Reminder: God is still at work in me, and I can take another step toward growth.

DAY 5

YOU WERE CREATED TO MAKE A DIFFERENCE

Discovering the Blessing of Serving Others

Today's Theme: Purpose, compassion, and service

Today's Scripture

Ephesians 2:10 (KJV)

"For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them."

Devotional Thought: Your Life Can Become a Blessing

Many people spend years asking the question, "What is my purpose?" We may look for a special assignment, a particular career, a major achievement, or a dramatic moment when everything suddenly becomes clear.

Those things can be important, but purpose is not always revealed through something extraordinary. Sometimes purpose appears in the ordinary opportunities that we have to serve.

It may be the encouragement that you offer to a discouraged friend. It may be the patience that you show to a child. It may be honesty that you practice in your business. It may be the meal that you provide for a neighbor or the time you spend listening to someone who feels forgotten.

Ephesians 2:10 reminds us that we are God's workmanship. Our lives have value, and we have opportunities to participate in the good work God places before us.

Notice that the verse connects who we are with how we live. We are not saved by our good works. Rather, God's grace transforms us and moves us toward a life characterized by love, faithfulness, and service.

That distinction matters. We do not serve people to prove that we deserve God's love. We serve because we have received His love.

Consider the story Jesus told about the Good Samaritan in Luke 10:25–37. A wounded man lay beside the road. Several people passed by without helping him. But a Samaritan stopped, responded with compassion, and took practical steps to care for the injured man.

The Samaritan did more than feel sympathy. He allowed compassion to influence his behavior. He noticed a need and responded.

Our communities are filled with people who need someone to notice them. Some need food. Some need encouragement. Some need a listening ear. Some need practical assistance. Some need someone who will treat them with dignity when others have overlooked them.

You may not be able to solve every problem, but you can make a difference in the life of one person. You do not need a title to serve God. You do not need a platform to demonstrate compassion. You do not need to wait until you have more money, more influence, or more free time before you begin doing good.

Start with what you have. Use the abilities you possess. Pay attention to the people around you.

Ask God to help you recognize opportunities to express His love through your actions.

Sometimes the most meaningful expression of your faith is what someone experiences because you chose to care.

Reflective Question

What gifts, abilities, experiences, or resources has God given you that could become a blessing to someone else?

Write your thoughts:

Today's Prayer

Lord, thank You for creating me with value and giving me opportunities to serve others. Open my eyes to the needs around me. Help me to recognize that even small acts of kindness can make a meaningful difference. Give me a generous heart, a willing spirit, and the courage to act when I see someone in need. Show me how to use my gifts and experiences to demonstrate the love of Jesus Christ. In His name, Amen.

Your Practical Action for Today

Bless one person without expecting anything in return.

Choose one practical act of service:

- Call someone who may be lonely.
- Purchase groceries or a meal for someone experiencing hardship.
- Encourage a person who is discouraged.
- Volunteer your time for a community need.
- Help someone complete a task they find difficult.

- Write a note expressing appreciation to someone who has helped you.

Choose an action that is appropriate to your circumstances and abilities.

Do it intentionally, remembering that service is not about recognition. It is about expressing love.

Today's Reminder: God can use my ordinary actions to make a meaningful difference in someone's life.

DAY 6

PEACE IN THE MIDDLE OF THE STORM

Learning to Bring Your Worries to God

Today's Theme: Peace, prayer, and emotional renewal

Today's Scripture

Philippians 4:6–7 (KJV)

"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Devotional Thought: You Don't Have to Carry Every Burden Alone

We live in a world that is filled with competing demands. Our phones keep us connected to an endless stream of information. Our responsibilities require our attention. Family needs, financial pressures, workplace expectations, and community concerns can leave us feeling as though we must always be available. Even when our bodies are resting, our minds may continue working.

We think about tomorrow's responsibilities. We replay yesterday's mistakes. We worry about conversations that have not happened. We try to anticipate every possible problem because we believe that if we think about something long enough, we may be able to prevent it.

But constant worry does not give us control over the future. Often, it simply robs us of the peace available in the present.

Philippians 4:6–7 invites us to bring our concerns to God through prayer and supplication, with thanksgiving. Notice that the passage does not tell us to pretend we have no problems. It tells us to bring our problems to God.

Prayer gives us a place to express our fears honestly. We can tell God what concerns us, ask for help, seek wisdom, and remember the ways He has sustained us.

Thanksgiving can also help redirect our attention. It does not require us to ignore what is wrong. It helps us remember that what is wrong is not the only thing that is true about our lives.

We can acknowledge a difficult situation while remaining grateful for the people who support us, the strength we have received, and the opportunities still before us. The peace of God does not necessarily mean that every problem disappears immediately.

Sometimes peace comes while we are still waiting for an answer. Sometimes peace grows as we learn to release what we cannot control. Sometimes peace becomes possible when we seek help, establish healthier boundaries, or take a necessary step toward resolving a problem.

Prayer is not a substitute for responsible action. It is a way of bringing our whole lives into relationship with God as we act wisely.

When Elijah became exhausted and discouraged in **1 Kings 19**, God met him in a vulnerable season. Elijah needed rest, nourishment, and renewed direction.

That account reminds us that our spiritual lives cannot always be separated from our human needs. Sometimes we need to pray. Sometimes we need to rest. Sometimes we need to speak with someone we trust. Sometimes we need to address a problem we have been avoiding. And sometimes we need to do several of these things together.

You do not have to carry every burden alone. You can bring your worries to God and take the next practical step toward greater peace.

God's invitation is not to pretend the storm is absent, but to seek His presence and wisdom as you navigate it.

Reflective Question

What worry has been taking up the most space in your mind, and what practical step could help you respond to it more faithfully?

Write your thoughts:

Today's Prayer

Heavenly Father, my mind is sometimes filled with worries about things I cannot control. Thank You for inviting me to bring my concerns to You. Help me distinguish between what requires my action and what I need to release. Teach me to pray honestly, practice gratitude, and seek wise help when I need it. Restore my peace, strengthen my mind, and guide my decisions. Help me remember that I do not have to face every challenge alone. In Jesus' name, Amen.

Your Practical Action for Today

Practice a 10-minute pause for prayer and peace.

Find a quiet place and spend 10 minutes doing the following:

1. **Be still:** Take a few slow, comfortable breaths and allow yourself to settle.

2. **Name your concerns:** Tell God honestly what is troubling you.
3. **Practice gratitude:** Identify three things that you appreciate, even if life is difficult.
4. **Choose your next step:** Write down one action you can take to address a concern.
5. **Release the outcome:** Remind yourself that you are responsible for acting faithfully, not controlling everything that happens.

If a concern requires additional support, identify someone qualified or trustworthy who can help you.

Today's Reminder: I can bring my worries to God and take practical steps toward peace.

DAY 7

YOUR HOPE HAS A FUTURE

Moving Forward With Faith and Confidence

Today's Theme: Renewal, perseverance, and lasting hope

Today's Scripture

Jeremiah 29:11 (KJV)

"For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."

Devotional Thought: The Story Doesn't End Here

Congratulations! You have reached the seventh day of *Seven Days of Hope*.

Perhaps one of these devotionals spoke directly to a situation you are facing. Perhaps you were reminded of a truth you already knew but needed to hear again. Or perhaps you still have questions that have not yet been answered.

Whatever your experience, remember that spiritual growth is a journey, not a seven-day assignment that ends when the final page is read.

Today's Scripture comes from a message God gave through the prophet Jeremiah to people living in exile in Babylon. They were far from home. Their circumstances were painful, and their future did not look the way they had expected.

God's message did not promise that every difficulty would disappear immediately. The surrounding passage speaks of a long period of exile before restoration.

Instead, God's words reminded His people that their present circumstances were not the end of their story. That historical context matters because hope is not the same as expecting everything to happen according to our preferred schedule.

Sometimes God sustains us through a difficult season before circumstances change. Sometimes He develops our character while we wait. Sometimes He redirects our priorities and teaches us to recognize possibilities we previously overlooked. Sometimes hope means trusting that God remains faithful even when we do not understand His timing.

The Christian life is not a guarantee that we will never experience loss, disappointment, illness, or hardship. It is a life lived in relationship with God, who calls us to trust Him, follow Christ, love others, and remain faithful through changing circumstances.

And our hope reaches beyond the immediate challenges of this world. Through Jesus Christ, Christians place their ultimate hope in God's redemptive work and the promise of eternal life. That hope gives meaning to the present and courage for the future.

As you look back over these seven days, consider what you have discovered.

You were reminded that God's grace welcomes you.

You were encouraged to trust Him when the future is uncertain.

You were invited to bring your pain into His presence.

You were reminded that failure does not have to prevent growth.

You discovered that your life can become a blessing to others.

You were encouraged to bring your worries to God.

And now you are invited to move forward with hope.

You may still have unanswered questions.

You may still be waiting for a breakthrough.

You may still be working through a difficult situation.

But you can choose to take the next step in faith.

You can pray again.

You can seek wisdom again.

You can extend forgiveness again.

You can serve again.

You can begin again.

Do not measure your future only by the difficulties of your present. Do not allow disappointment to convince you that God has nothing more to teach you. Do not assume that your best opportunity to grow, serve, or make a difference has already passed.

Remain open to God's direction. Continue to grow in His Word. Build relationships with people who encourage your faith. Look for opportunities to express the love of Christ. And when you stumble, remember that you can return to God, receive His grace, and take another faithful step.

Hope is not a denial of reality. It is the decision to face reality while trusting in the faithfulness of God.

Your journey continues beyond these seven days.

May you continue walking with Christ, growing in grace, and becoming a source of hope to the people around you.

Reflective Question

As you look toward the next season of your life, what is one area where you need to trust God more deeply, and what faithful step will you take next?

Write your thoughts:

Today's Prayer

Faithful God, thank You for walking with me through these seven days of reflection. Thank You for Your grace, Your Word, and the hope that I have through Jesus Christ. Help me to carry what I have learned into my everyday life. When I face uncertainty, teach me to trust You. When I become discouraged, renew my hope. When I see someone in need, help me respond with compassion. Give me courage to follow Your direction and faithfulness to continue growing. Let my life become a testimony of Your transforming love. In Jesus' name, Amen.

Your Practical Action for Today

Create your personal 30-day hope commitment.

Write down three commitments you will practice over the next 30 days.

For example:

My Commitment to God:

I will spend at least 10 minutes each day reading Scripture and praying.

My Commitment to Personal Growth:

I will take one practical step each week toward addressing an area of my life that needs attention.

My Commitment to Others:

I will intentionally encourage, help, or serve at least one person each week.

Now write your own commitments:

My commitment to God:

My commitment to personal growth:

My commitment to serving others:

Place these commitments somewhere you will see them regularly.

You do not need to be perfect in carrying them out. When you miss a day or fall short, begin again.

Today's Reminder: My journey continues, my faith can grow, and I can move forward with hope.

YOUR SEVEN-DAY HOPE JOURNAL

Before you close this devotional, take a few moments to reflect on what you have learned.

1. What message from these seven days spoke most deeply to you?

2. What have you learned about God's love and faithfulness?

3. What is one attitude, habit, or fear you want to address?

4. What is one practical change you want to make in your daily life?

5. Who could benefit from the hope you have received?

6. Write a personal prayer for the next season of your life.

Dear God,

Amen.

A final word from CAYA Ministries of Rochester

Dear Friend,

You have completed *Seven Days of Hope*, but we hope that this is not the end of your journey. We hope that it is the beginning of a deeper relationship with God and a renewed understanding of the difference His love can make in your life.

At CAYA Ministries of Rochester, we believe that the church should be a place where people can encounter Jesus Christ, grow in faith, discover their purpose, and learn to serve others.

We do not claim to have every answer to life's questions. We believe in a faithful God who continues to teach, transform, forgive, and strengthen His people.

Wherever you find yourself today, remember these truths:

You are welcome. God's grace invites you into His presence.

You are not alone. You can seek God and receive encouragement from others.

You can grow. Your past does not have to prevent you from taking a faithful step forward.

You can make a difference. Your gifts and actions can become a blessing to others.

You can have hope. Even when life is difficult, you can continue to seek God's wisdom, trust His faithfulness, and follow Jesus Christ.

We invite you to continue to worship with us, learn with us, grow with us, and discover what it means to live out your faith in everyday life.

If you are looking for a church home, we would be honored to welcome you.

CAYA Ministries of Rochester

909 N Landing Road
Rochester, NY 14625

Sunday Worship: 11:45 AM

Website: www.cayarochester.org

Facebook: www.facebook.com/cayaministries

Come As You Are but leave transformed by the Love of Christ!

With Christian love,

Pastor Herb and First Lady Marion Spencer

A BLESSING FOR YOUR JOURNEY

May the God of hope strengthen you when life feels uncertain.

May His grace remind you that you are loved.

May His wisdom guide your decisions.

May His peace sustain you in difficult seasons.

May His Word renew your mind and shape your heart.

May His love flow through you to the people around you.

And may you continue to discover that hope is not simply something you read about. It is something you can live out as you walk with Jesus Christ.

Go forward in faith. Live with purpose. Love generously. And never stop growing.

Amen.

Wherever Life Finds You, *There Is Hope for the Journey.*

Seven Days of Hope is a simple, encouraging devotional designed to help you draw closer to God, find strength in His Word, and discover fresh hope for everyday life.

Each day includes a Scripture verse, a short devotional thought, a reflective question, a prayer, and one practical action to help you apply what you learn.

Whether you are facing challenges, seeking direction, or simply want to grow in your faith, this devotional will encourage you to take one step at a time and experience the transforming love of Jesus Christ.



THIS DEVOTIONAL WILL HELP YOU:

- Experience God's welcoming grace
- Trust Him in uncertain seasons
- Find strength in difficult times
- Discover Your purpose
- Learn to make a difference in the lives of others
- Bring your worries to God
- Move forward with hope and confidence



*Come As You Are But Leave Transformed
By the Love of Christ!*

CAYA MINISTRIES OF ROCHESTER

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