

# 5-DAY DEVOTIONAL

# I'll See You To- mor- row

**Building Relational  
Resilience When  
You Want to Quit**

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## Description

In a culture where people easily and hastily cancel relationships rather than cultivate them, discover what the Bible has to say about how we need to keep showing up for one another—even when we feel like walking away.

It's never been easier to tune out and make a switch when something doesn't go perfectly or when we are offended. But what about canceling friends or family members when we are disappointed or offended by them?

There's a better way. Communication professor Dr. Heather Thompson Day and Seth Day will help you tackle difficulties that people face in relationships and help you nurture the close friendships and relationships God built you to have.

# DAY 1

## Another Chance

SCRIPTURES: 1 PETER 4:8-10; PROVERBS 15:1; JAMES 2:13

*Heather Thompson Day*

Recently, I was drained and saw something a friend had said that really offended me. I remember the second I read it my face got hot. *Why would she say that?*

So I picked up the phone and called the person who has known me the longest and asked if I was overreacting: my friend Jewel.

"Oh, no," Jewel said. "You can call her out. You have grounds for that."

See? This is why I called her.

"Or—" *Wait what?* I thought. *Are we landing this plane in victim valley or what?*

"Or," she continued, "you can look past this single event and choose to see this issue within the scope of your ten-year friendship and just choose to love her beyond this isolated incident."

My spirit clapped within me the second she said it. I didn't even fight it. Jewel was right. My friend was still wrong, and yet Jewel was still right.

I was ready to march. I was ready to school my other friend on a lesson in loyalty. Let her know that I had boundaries and she had crossed them. I was already frayed, and I was entering a painful situation with very little elastic left. I think that's what happens to us a lot of times. We don't have the mental energy to do the work relationships require, and so we just burn them or mute them or block them. That is much less taxing than making peace with them. Adult friendships are hard because adults are exhausted.

But sometimes we all screw up. Sometimes we are all a bad friend to someone. Sometimes we let jealousy override our empathy. Sometimes we don't invite others when we should have. Sometimes we are human beings filled with errors. A series of incidents—maybe I am just a bad friend. But one? Should we define anyone by one single choice? Maybe, depending on how awful that choice was. But not always.

It's okay to end relationships. Sometimes we may have to. But I do wonder if, in our quickness to protect ourselves, we haven't lost something greater. The ability to have friendships and romantic relationships and jobs that span decades. No one gets to year ten without having some drama in between. We need each other. In fact, I don't think we will survive this season without finding a team

we can lean fully into. The good, the bad, the ugly. What we can't do alone, we can do together. So what if, instead of always saying goodbye, we started saying, "I'm going to process this. I need some space to think it through. I'm hurt and I need to walk away right now. But I'll see you tomorrow."

*Lord, I want to be a human being of grace. Show me where I need to show more grace for those in my life, so we can grow stronger together.*

## DAY 2

# Till Tomorrow, Tyler

SCRIPTURES: MATTHEW 19:25–26; PSALM 34:18

*Seth Day*

My adolescence was plagued by my brother Tyler's cancer. He was in so much pain, paralyzed, and bloated from all of his treatments that he reached the point where he didn't want to live anymore.

One day I was helping him get dressed in the bathroom and he burst into tears.

"Look at me!" he cried. "I'm so ugly. My face looks like a balloon. I just want to die."

He had lost everything, and yet, somehow, Tyler went on to learn what it meant to live with what was possible. Without hope, he had nothing.

Maybe you feel the same way. I'll let you in on a secret: sometimes God gives us more than we can handle. Sometimes the ideal gets totally obliterated. And so we look to do what is possible.

Self-reliance is a myth. There have been so many moments and experiences my body couldn't handle. I needed my mother. I needed my brother. I needed my friends. There are times in my life when I should have reached out for support, but my instincts, as an introvert and untrusting of others, kept me suffering in silence.

Solitude isn't a bad thing; in fact, we all need moments of solitude to process and recenter ourselves spiritually, mentally, and emotionally. But moments of solitude are much different from living a life of solitude. Don't confuse solitude with isolation. I used to use the two words synonymously. I would say, "I like my alone time," but really I was just lonely. We need support. We need hope. We need prayer. We need people.

This world will never give you what's ideal, but it also can't kill what's possible. I now have no doubt in my mind that heaven is a real place. Tyler was paralyzed and dying when he decided to dedicate his life to what's possible. We were baptized together a few months before he died. It was quite moving—his eighteen-year-old body being carried into the baptismal tank. And I've carried his faith with me ever since. His commitment created my possible. Scripture doesn't say that with God all things are ideal. It says that with God all things are still *possible*.

*God, I invite you into the painful situations in my life, and the ones that are not ideal. Thank you for being the God of the possible—and the one who brings me out of isolation and into family.*

## DAY 3

# Look Past the Poo

SCRIPTURES: GALATIANS 6:9; HEBREWS 10:36

*Heather Thompson Day*

My friend and TikTok sensation Kevin Spencer Wilson (@crossculturechristian) said to me when we were talking about trolling, "When I am on a run, and I see dog poo on the street, am I going to stop and stare at it? Am I going to analyze it and wonder why it is there and who left it? Am I going to let it stop my run?"

So many of us are staring at the dog poo, and it's wearing us out. I'm talking about hurt feelings. How hard do you think Satan has to look to find someone willing to hurt your feelings? For most of us, it doesn't take a Google search. He can probably find someone in our own family or workplace or church. He doesn't even have to scroll through our social media. Feelings are important, and they are often crucial indicators of something internal, but they can't be the lord over our lives.

So many of my decisions for years were based on my feelings. One time I was upset about how my work was treating me, so I quit. I made a rash decision and spent the next year scraping by to make ends meet. They scrambled for about seven days to replace me, but the income I lost bled my bank account for months. Our feelings cannot determine all of our choices.

Do you think Martin Luther King Jr. faced dogs and firehoses because he felt like it? No. He did it because leaders lead. Did Mother Teresa always feel like surrounding herself with excruciating poverty and starvation? Did Michael Jordan put in all those early gym mornings because it felt good? Some of our greatest inspirations, athletes, and thought leaders did what they had to even when they didn't want to. Because often the path to greatness is on the other side of some uncomfortable hurdle you thought you'd never break through.

My friend Annie F. Downs said to me, "Heather, it's okay to be sad. It's okay to be discouraged. Feelings aren't bad. You can tell them to get in the car. They can even pick the music. But faith drives."

That's what I want for you. Tell your feelings they aren't bad. Tell them they can get in the car, ride shotgun, and even pick the music. But faith drives.

*Father God, please give me endurance, so I can get past the small stuff and move toward the goal of community in my life. Give me wisdom with my feelings and perseverance toward the greater good.*

## DAY 4

# Team Sport

SCRIPTURES: JOHN 17:20-21; ECCLESIASTES 4:9-10

*Seth Day*

The game of life isn't a solo sport. It's a team sport. The goal isn't to just keep playing. It's to keep playing together. You may be able to play a quarter by yourself, but we are called to play the long game. That's done through community. We win together and we lose together. We are called to see beyond today's disappointments with the people we live in community with and still see their value. If there's one thing this nation is desperate for after all the political carnage and isolation caused by COVID, it's community. It's remembering that humanity was always called to play the infinite game. What if playing looks like just showing up? We would need a team to do that. Consider your team to be the inner circle of people you interact with every day. Whether it's your spouse, your friends, your children, the people at your workplace, it's whoever you interact with on a daily basis. The players may change, but the game of life continues.

So, what if the age of self-sufficiency is over and a new one has begun? A season where we recognize we need each other in order to keep on playing? One that learns to pass the ball and leans on our teammates to get the rebound? One that understands it's okay to have a seat on the bench because there are other players in the game as well? There is a reason why Christ chose twelve disciples and not just one. He needed a team. He saw their potential and knew they would go further together in accomplishing his mission if the twelve learned to play as one.

Jesus said, "My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me" (John 17:20-21).

When Jesus prayed, he prayed that we, together, as a people, would become a team. Faith is not a solo sport. You are meant to join an infinite team. Get your jersey. Lace up your shoes. Let's strike a match and start a blaze like this world has never seen.

*Lord, I thank you for the teams you've put me in. Show me how to be a better teammate—how to give and receive with the people in my life, and how to play in the infinite game of community.*

## DAY 5

# Let Them Go

SCRIPTURE MATTHEW 25:1-13; MATTHEW 5:37

*Heather Thompson Day*

Once when I shared some of the unhealthy things I was experiencing in my relationship with my verbally abusive ex-fiancé, a Christian friend paraphrased Romans 5:20 for me: "Where sin abounds, grace abounds more." Beloved, that verse is about Jesus, not you, and Christians who encourage you to stay in a relationship that makes you sicker instead of healthier are not doing a good job of being Christ followers at all. That is spiritual abuse. It is not unchristian or unholy to tell someone no. No is simply being wise with your resources. No is putting the oxygen mask on your own face first, so you can help others. No is how you can feel safe again.

I had a moment during my breakup with my ex-fiancé when I felt so much guilt. I felt if I wasn't there for him, no one would be. For me, the situation became so toxic I was eventually granted a restraining order. My dad was instrumental in walking me through.

"You aren't the bad person here," Dad said. "You communicated your boundaries. He isn't respecting them. It is the choices he has now made that have given you no other alternative but to end communication. You are simply respecting his choice."

That made so much sense to me. Sometimes we can carry burdens that aren't ours to lift. We can worry that by saying "no more," we are somehow bad friends or bad partners or bad children. But if you communicate a boundary in a relationship, and someone makes a choice to disrespect it, then you are simply respecting their choice to end the relationship.

You said, "I don't like when you do X. I am asking you to stop doing it."

If they continue, even after you have clearly communicated your expectation, could it be time to respect their choice? Not every relationship is meant to be fought for. And a really good way to know which ones are is to pay attention to who isn't respecting your no. No is not a bad word, but it is wrong for people to make you feel bad for using it. The only way for a pattern to stop is if one of you chooses to break it.

We say yes all the time, so much so that our yes is often meaningless. Before you say yes to something new, I want you to learn how to say no to something draining. It turns out that allowing yourself to say no is the key to living a more meaningful yes.

*Father God, please show me where I need to use my no to become healthier, not sicker. Give me wisdom in using it, and help me place loving boundaries for more meaningful yesses in my life.*