

Anchoring our Vaka on the Word

Building Resilience against Drugs/HIV



Hebrews 6:19 – “We have this hope as an anchor for the soul.”

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WEEK 4 DAILY DEVOTIONAL

Hebrews 6:19 – “We have this hope as an anchor for the soul.”

Family Daily Devotional Plan—Bible Month 2026

July 22—Luke 4:16–21

Jesus' mission is good news, freedom, healing.

"...The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor."



Reflection

In Luke 4:16–21, Jesus declares His mission—to bring good news to the poor, freedom to the captives, sight to the blind, and release to the oppressed. This message speaks powerfully to our Pacific communities today, where drugs and HIV have become chains of suffering and injustice. Christ's mission calls us not only to pray for healing but to act with compassion and courage: to stand beside those trapped in addiction, to speak hope to those stigmatized by illness, and to challenge systems that exploit the vulnerable. True freedom begins when we see every person as beloved by God and work together to restore dignity and wholeness. When families live out this mission, they become vessels of Christ's healing—bringing light into places of darkness and turning despair into hope.

Family Discussion

1. What does Jesus' mission of "good news" mean for families facing addiction and illness today?
2. How can we help bring freedom and healing to those affected by drugs or HIV in our community?
3. What attitudes or actions might we need to change so that our family reflects Christ's compassion and justice?

Actions to Take

Partner with church or community groups that work for healing and justice, offering time or resources.

Family Prayer

"Lord Jesus, You came to bring good news, freedom, and healing. Open our eyes to see those who are hurting and give us courage to act with love and compassion. May our family be a sign of Your hope, breaking chains and bringing light to our community.

Amen.

Family Daily Devotional Plan—Bible Month 2026

July 31—Acts 16–11

Empowered by the Spirit to be witnesses.



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Reflection

In Acts 1:6–11, the disciples ask Jesus if He will restore the kingdom to Israel. Jesus redirects their vision—"You will receive power when the Holy Spirit comes upon you, and you will be my witnesses... to the ends of the earth." The restoration He speaks of is not political but spiritual and communal. It begins with hearts transformed by the Spirit and extends outward to heal broken lives and communities.

The Church's pastoral response must therefore be Spirit driven—rooted in prayer, compassion, and advocacy. It must move beyond words to deeds that restore dignity, rebuild families, and renew communities. Empowered by the Spirit, the Church becomes a living testimony that God's kingdom is breaking into the ruins of addiction and illness, bringing freedom, healing, and new life.

Family and Parish Discussion Points

1. What does it mean to be a Spirit-empowered witness in a community affected by drugs and HIV?
2. How can our parish reflect Christ's compassion and hope to those who feel forgotten or condemned?
3. In what ways can the Church's mission bring restoration and renewal to families in pain?

Actions to Take

1. Form parish outreach teams to visit and support families affected by drugs and HIV.
2. Include prayers for healing and empowerment in worship and family devotions.
3. Offer workshops and counseling that combine spiritual care with practical education.
4. Encourage youth ministries to lead awareness and compassion campaigns guided by the Spirit's love.

Family Daily Devotional Plan—Bible Month 2026

July 30 – Matthew 5:13–16

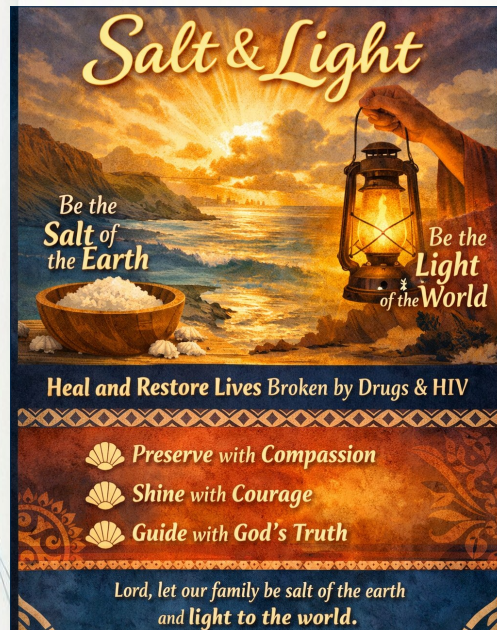
Reflection: Salt and light as witness in the world.

14 “You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Reflection

Jesus tells His followers: “You are the salt of the earth... You are the light of the world.” Salt preserves, heals, and adds flavor; light reveals, guides, and dispels darkness. In communities devastated by drugs and HIV, families are called to embody these qualities.

Salt of the Earth: Families preserve life by protecting children from destructive choices, healing wounds of stigma, and adding the “flavor” of compassion to a society often bitter with judgment. Salt resists de-



cay—so families resist the spread of hopelessness and corruption.

Light of the World: Families shine truth into the shadows of addiction and silence. Light exposes exploitation, illuminates paths of recovery, and guides youth toward dignity and hope. Light is not hidden—it is shared, transforming attitudes and characteristics so that communities can be restored.

Family Discussion Points

How can our family preserve life and hope in the face of drugs and HIV?

What does it mean to shine light into areas of silence, stigma, or fear?

In what practical ways can we resist decay and illuminate healing in our community? fear.

Pray Prompts

“Lord Jesus, You call us to be salt and light. Preserve our families from despair, and let our witness bring healing to those broken by drugs and HIV. Shine Your light through us to expose darkness, transform attitudes, and restore communities. May our lives reflect Your kingdom until hope flourishes again. **Amen.**”

Family Daily Devotional Plan—Bible Month 2026

July 23—Micah 6:6–8

God requires justice, mercy, humility.

O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.



Reflection

Micah 6:6–8 reminds us that God’s desire is not for empty offerings but for lives rooted in justice, mercy, and humility. In our Pacific communities, this call speaks urgently to the growing injustices of trafficking and profiteering—where greed robs families of livelihood, children of education, and communities of mental and spiritual health. Acting justly means confronting systems that exploit the vulnerable and standing with those whose dignity has been stripped away. Loving mercy means offering compassion to survivors and families torn apart by addiction, exploitation, and loss. Walking humbly means recognizing that our strength and wisdom come from God, who calls us to rebuild lives with grace and courage. When families live this way, they become beacons of hope—restoring what greed has broken and nurturing healing where despair once ruled.

Family Application

1. What does it mean to “act justly” in our community today
2. How can we show mercy to those who are struggling or marginalized?
3. What does walking humbly with God look like in our daily choices?

Actions to Take

1. Support someone in need through kindness or advocacy.
2. Practice forgiveness and compassion within the family.
3. Begin each day with a short prayer of humility and gratitude.

Family Prayer

“Lord, teach us to act justly, love mercy, and walk humbly with You. Help our family to live with compassion and courage, reflecting Your goodness in all we do. Amen.”

Family Daily Devotional Plan—Bible Month 2026

July 24 – Matthew 28:16–20 The Great Commission sends us to all



Reflection

In Matthew 28:16–20, Jesus commissions His disciples to go into all nations, teaching and baptizing in His name. This mission is not limited to distant lands—it begins in our own homes and communities. The Great Commission empowers families to be agents of healing and hope, responding to the chains of addiction and the stigma of HIV with Christ’s love. Just as Jesus promised His presence “to the very end of the age,” families can find courage to stand beside victims, challenge systems of exploitation, and nurture dignity where it has been lost. The call to “make disciples” means embodying Christ’s compassion in practical ways—teaching youth to resist destructive paths, supporting those living with HIV, and becoming witnesses of God’s freedom and restoration.

Family Discussion

1. How does the Great Commission apply to our family’s role in the community today?
2. What can we do to share Christ’s love with those affected by drugs and HIV?
3. How can we teach and model compassion, justice, and hope to the next generation?

Actions to Take

1. Offer support and prayer to families impacted by drugs or HIV.
2. Partner with church or community initiatives that provide education, counseling, or care.
3. Share Christ’s message of hope by living out forgiveness, compassion, and courage in daily family life.

Family Prayer

“Lord Jesus, You send us to bring Your good news to all nations. Strengthen our family to respond with love to those suffering from drugs and HIV. Help us to teach, to heal, and to walk with courage, knowing You are with us always.
Amen.”

Family Daily Devotional Plan—Bible Month 2026

July 29 – Isaiah 61:1–4 Proclaim freedom, freedom ruins, plant hope

“...They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.”

Reflection

Isaiah 61:4 paints a vision of restoration that reaches beyond physical rebuilding—it speaks of healing hearts, families, and generations. In communities torn apart by drugs and HIV, this verse becomes a promise of renewal. The ruins are not only broken buildings but broken trust, fractured relationships, and lost dreams. Yet God’s Spirit, proclaimed in verses 1–3, empowers His people to bring freedom to captives and comfort to those who mourn.

When the Spirit moves, families once devastated by addiction begin to rebuild hope. Churches rise as centers of compassion, not condemnation. Youth who were once lost find purpose in service and advocacy. The same God who anointed His servant to proclaim good news now calls us to plant seeds



of hope where despair has taken root. Restoration is not instant—it is a steady planting of love, truth, and mercy that transforms ruins into testimonies of grace.

Family Discussion Points

1. What does it mean for the gospel to be proclaimed not only in words but also in healing actions?
2. How can our family be a sign of hope and healing in our community?
3. What fears or doubts hold us back from boldly living out Christ’s mission?

Pray Prompts

Risen Lord, You send us to proclaim Your good news with signs of healing and hope. Strengthen our family to be bold in witness, compassionate in service, and faithful in prayer. May our words and actions reveal Your kingdom, bringing light to those in darkness and healing to those in pain.
Amen.

Family Daily Devotional Plan—Bible Month 2026

July 28 – Mark 16:14–20

Proclaiming the gospel with signs of healing.

¹⁵ He said to them, “Go into all the world and preach the gospel to all creation. ¹⁶ Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. ¹⁷ And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; ¹⁸ they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well.”

Reflection

In Mark 16:14–20, the risen Jesus commissions His disciples to proclaim the gospel to all creation. He promises that signs will accompany their witness—healing the sick, casting out evil, and bringing freedom to the oppressed. This passage reminds us that the gospel is not only words but power: it transforms lives and communities. In a world scarred by addiction, illness, and despair, Christ’s mission calls families to be bearers of hope. Healing is not limited to physical cures—it includes restoring dignity, breaking cycles of fear, and embodying God’s love in practical ways. When families live out this mission, they become signs of God’s kingdom, showing that the risen Christ is still at work through His people.

Family Discussion Points

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2. How can our family be a sign of hope and healing in our community?
3. What fears or doubts hold us back from boldly living out Christ’s mission?



Pray Prompts

Risen Lord, You send us to proclaim Your good news with signs of healing and hope. Strengthen our family to be bold in witness, compassionate in service, and faithful in prayer. May our words and actions reveal Your kingdom, bringing light to those in darkness and healing to those in pain.
Amen.

Family Daily Devotional Plan—Bible Month 2026

July 25 – Revelation 22:1–5

The tree of life brings healing to nations.

Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations. No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. They will see his face, and his name will be on their foreheads. There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them

Reflection

Revelation 22:1–5 paints a picture of God’s final renewal—a river of life flowing from His throne and the tree of life whose leaves bring healing to the nations. This vision is not only about the future but also a call to mission now. In our Pacific communities, drugs and HIV have wounded families, stolen livelihoods, disrupted education, and burdened mental health. Yet God’s promise of healing invites us to become agents of His restoration. Just as the tree’s leaves bring healing, families and churches are called to extend compassion, justice, and hope to the vulnerable—breaking cycles of exploitation, supporting victims, and nurturing resilience. Mission begins at home: teaching children to choose life, standing with those stigmatized, and working together to restore dignity. In Christ, healing flows like a river, and our communities can taste the renewal of God’s kingdom even now.



Family Discussions

1. How does the vision of the tree of life inspire us to respond to the wounds caused by drugs and HIV?
2. What can our family do to bring healing and hope to those who have lost livelihood, education, or mental health?
3. How can we become “leaves of healing” in our community through compassion and action?

Actions to take

Support awareness and prevention programs that protect youth from drugs and unsafe practices. And offer practical help—food, shelter, or encouragement—to families affected by addiction or illness.

Prayer Prompt

“Lord of life, You promise healing for the nations through the tree of life. Make our family part of Your mission—bringing hope to the poor, freedom to the oppressed, and healing to those wounded by drugs and HIV.
Amen

Family Daily Devotional Plan—Bible Month 2026

July 26—John 20:19–23

Jesus sends disciples with peace and Spirit.

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.”

Reflection

In the quiet of fear and uncertainty, Jesus enters the locked room—not by force, but through grace. His greeting, “Peace be with you,” is more than comfort; it is a divine commissioning. The disciples, once paralyzed by fear, are transformed by His presence and the sight of His wounds—proof that love has conquered death. When Jesus breathes the Holy Spirit upon them, He restores creation’s breath, renewing hu-

manity’s purpose to forgive, heal, and reconcile. This passage reminds us that peace is not the absence of trouble but the presence of Christ amid it. The Spirit empowers us to move from isolation to mission, from fear to faith. As families and communities, we are invited to open our doors—to let Christ’s peace flow through our words, our forgiveness, and our acts of compassion. The same Spirit that filled the disciples now fills us, sending us to be bearers of peace in homes, schools, workplaces, and villages.

Jesus Sends Disciples with Peace

John 20:19–23

Jesus appeared to his disciples and said,
“Peace be with you...
As the Father has sent me
I am sending you...
Receive the Holy Spirit.”



Reflection: Jesus came to his fearful disciples and brought them peace and the gift of the Holy Spirit. He sent them out to share His message of forgiveness and love. We too are called to bring Christ’s peace to others.

Family Discussion

- How can we bring Christ’s peace into our home and to others?
- Why is it important to forgive others as Jesus taught?
- How can we be messengers of God’s love and forgiveness?

Take Action

- Share a kind word of peace with someone today.
- Find a way to show forgiveness to someone who has hurt you.
- Do something together as a family to help others in need.

Prayer

Lord Jesus, fill us with Your peace and Your Spirit. Help us to be messengers of Your love and forgiveness to the world. Amen.

Family Daily Devotional Plan—Bible Month 2026

July 27 – Amos 5:21–24

“I hate, I despise your religious festivals; your assemblies are a stench to me. Even though you bring me burnt offerings and grain offerings, I will not accept them. Though you bring choice fellowship offerings, I will have no regard for them. Away with the noise of your songs! I will not listen to the music of your harps. But let justice roll on like a river of righteousness like a never-failing stream!”

Justice Rolling Down Like a River in a City Ravaged by Drugs and HIV

When Amos envisions justice flowing like waters, he imagines something unstoppable, cleansing, and life-giving. In the context of this tsunami of drug racing across borders and inflicting devastation on our communities, Justice flowing like a river is about building resilience. It is about being prepared and ready to absorb the wave and generate ripple effects back towards the centre from where the wave originated.

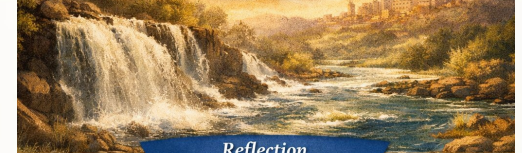
In a cities overwhelmed by drugs and HIV, justice must not be abstract—it must be visible in transformed systems, compassionate communities, and courageous advocacy. Here’s how it might look:

What Justice Looks Like?

Healthcare Access: Clinics offering free testing, treatment, and counseling without stigma. Needle exchange programs and safe practices that prevent further

Let Justice Flow Like a River

Amos 5:21–24



Reflection

God desires not just songs and offerings, but lives of righteousness. He calls us to let justice roll down like waters, and righteousness like a mighty stream. True worship is living out God’s justice and compassion in our daily actions, caring for the oppressed, and standing up for what is right.

Family Discussion

- Why does God care about justice and fairness?
- How can we stand up for what is right?
- How can we see needs in our community that we can help with?

Take Action

- Do an act of kindness for someone in need.
- Speak up as a family for fairness and justice.
- Find a way to support a charity or cause that helps the vulnerable.

Prayer

Lord, let justice flow like a river through our lives. Help us to act with compassion and stand for what is right. Amen.

infections.

Compassionate Communities: Churches, families, and schools becoming safe spaces where those struggling with addiction or HIV are embraced, not shamed.

Policy and Protection: Governments enforcing laws against drug trafficking while also funding rehabilitation, education, and prevention programs.

Restorative Action: Justice means not only punishing exploiters but restoring dignity to victims—children orphaned by HIV, families broken by addiction, and communities exploited by dealers.

Education and Empowerment: Youth equipped with knowledge, resilience, and opportunities so they are not trapped in cycles of drugs and unsafe practices.