

FIVE-DAY DEVOTIONAL · MOTION CHURCH

Altitude.

Five days, five montages, one climb. Each day pairs a moment from Sunday's message with a verse, a short reflection, and one small step toward the new altitude Christ calls us to.

Pastor Corey Sanders

Matthew 16:24-26 · Motion Church, Madison, Alabama

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ALTITUDE — Five-Day Devotional

Pastor Corey Sanders · Matthew 16:24-26 · One montage a day, Monday to Friday

How to use this devotional

Each day pairs one montage from Sunday's message with a single verse, a short reflection, and one small step. Read the verse slowly first. Watch the day's clip on the sermon page if you can — it takes between one and three minutes. Then sit with the reflection, answer the two questions honestly, and do the practice before the day ends. The whole rhythm takes about ten minutes a day.

The five days follow the shape of the sermon itself: the old shoes come off (Day 1), motion begins even if it is slow (Day 2), faith replaces sight (Day 3), the aim refocuses on the cross (Day 4), and the Spirit begins His quiet work of becoming (Day 5). By Friday you will have walked the whole climb once — slowly, on purpose.

DAY 1 OF 5

Take the old shoes off

Hebrews 12:1

"Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

On Sunday the climb started on the floor of the stage — old shoes, a climbing harness, and a question: what are you still carrying that God already asked you to set down?

Everyone owns a pair of old shoes. They fit the old life perfectly, which is exactly the problem. Pastor Corey talked about captivity, trauma, and baggage — the things we protect because they are familiar — and how the old way of thinking quietly hinders us in every new season God tries to give us.

Notice that Hebrews does not say the hindrance is always evil. It says "everything that hinders." Some of what slows your climb is just heavy: an old identity, an old grudge, an old way of surviving that God never asked you to keep. Denying yourself begins with an honest inventory, not a dramatic gesture.

Here is the good news hiding in the hard word: you only take off what God has promised to replace. You are not losing the old shoes. You are being fitted for new ones.

Reflect

- What one thing are you still carrying that God has already asked you to set down?
- Is it sin, or just weight? Be honest — both have to go before the climb.

Practice today

Write down the one "old shoe" you keep returning to. Tell one trusted person about it today. Naming it out loud is the first step off of it.

Pray

Lord, I have been protecting things that are hindering me. Today I set them down. Give me the courage to climb light. Amen.

DAY 2 OF 5

Even slow motion is still motion

Zechariah 4:10

"Who dares despise the day of small things?"

Motion Church says it all the time: even slow motion is still motion. Sunday, Pastor Corey made it personal — crawl, walk, or run, just do not stand still.

We love highlight-reel transformations. God seems far more interested in direction than in speed. Zechariah's hearers were rebuilding a temple that looked nothing like the old one, and God's question cuts through every comparison: who dares despise the day of small things?

Religion asks, "Are you performing?" The gospel asks, "Are you moving toward Jesus?" Some seasons of the climb are crawls. Faithfulness in a crawl pleases God as much as a sprint — what grieves Him is a shrug, standing still while claiming to follow.

So today, release the scoreboard. Improvement with Jesus is not a performance you owe; it is a Person you follow. Slow counts. Small counts. Forward counts.

Reflect

- Where have you despised your own small beginnings this week?
- What is one crawl-sized step of obedience you have been postponing until you could do it "properly"?

Practice today

Pick the smallest possible step — one message to send, one apology to make, one chapter to read — and do it before the day ends.

Pray

Jesus, thank You that You meet me in motion, not in perfection. Keep me moving, even slowly. Amen.

DAY 3 OF 5

Walk by faith, not by sight

Proverbs 3:5-6

"Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

The coldest open of the sermon: is it possible to continue to give life to something that is dead? Sunday's answer was a Person, not a technique.

The climb does not come with a view of the whole trail. Proverbs does not promise that understanding will come; it promises that God will make the path straight when we stop leaning on our own. That is a different kind of sight — faith's sight.

Dead things coming back to life rarely look impressive at first. A marriage restored one honest conversation at a time. A calling resurfacing through a small yes. Trust in the Lord with all your heart means the heart leads the feet before the eyes can verify the destination.

Pastor Corey kept the question open on purpose, because someone in the room is still deciding whether God can revive what they already pronounced dead. That includes you. Lean not on your own understanding — your understanding only knows the tomb. Faith knows the God of it.

Reflect

- What "dead" thing have you stopped praying about?
- Where is God asking you to trust His character over your comprehension?

Practice today

Choose the situation you have written off. Pray one specific, faith-filled prayer over it today — and act in line with the prayer, not the doubt.

Pray

Father, I have been leaning on my own understanding and it cannot carry this. I trust You with all my heart. Make the path straight as I walk. Amen.

DAY 4 OF 5

Refocus your aim

Matthew 16:24

"Whoever wants to be my disciple must deny themselves and take up their cross and follow me."

"See, God is specific." When the screen showed Matthew 16:24, the sermon got its name — and its shape. This is the summit text of Altitude.

Jesus was looking at people who had no direction, and He immediately called them into a higher way of living — with three verbs. Deny yourself. Take up your cross. Follow me. Not suggestions; steps. God is specific because love is specific.

The cross was not a metaphor His hearers misunderstood. They had watched criminals carry it. Jesus chose the most costly image available and said: the way you live will hinder you in your new season. Something has to end at the cross for something new to begin beyond it.

Then comes the aim-refocusing line: reorient your life around Me. Not around your husband, your wife, your kids, your wealth, your career. Every one of those is a good thing that makes a terrible summit. Refocus — and the whole climb changes direction.

Reflect

- Which of the three verbs do you dilute first — deny, take up, or follow?
- What have you been reorienting your life around instead of Jesus?

Practice today

Take one concrete area — money, schedule, a relationship — and write down what reorienting it around Jesus would change this week. Change one thing today.

Pray

Jesus, You were specific because You are good. I deny myself, I take up my cross, and I follow You. Reorient my life around You. Amen.

DAY 5 OF 5

Becoming

Galatians 5:22

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

The last word of the sermon series is not a demand — it is a fruit. Sin cannot control you unless you allow it to, because the same Spirit that raised Jesus lives in you.

Becoming is the quietest miracle in the whole message. Not "achieving." Not "performing." Becoming — the slow work of the Holy Spirit in an open heart, producing love, joy, peace, patience, kindness from the inside out.

Pastor Corey closed the sermon with the clearest possible invitation: repent — change the way you think — because Christ loved you first. You cannot do anything good enough to make Him love you more, and nothing bad enough to make Him love you less. The climb is not how you earn His love; it is how you live in it.

So end the week where the sermon ended: "I am ready to go to a new altitude." The same Holy Spirit that lived in Him lives in you. You can get up. You can climb. You can walk toward Christ — and become who He says you already are.

Reflect

- Which fruit of the Spirit is God most clearly growing in you this season?
- Where do you still talk as if sin is in charge — and what would it mean to live like it is not?

Practice today

Write the closing prayer of the sermon in your own words and pray it aloud: "Lord, I am ready to go to a new altitude."

Pray

Holy Spirit, grow Your fruit in me. I change the way I think today. I am ready to go to a new altitude — in Jesus' name, amen.

Ready for the next step?

If Day 5 sounded like your own heart — if you are ready to go to a new altitude — tell someone. The room on Sunday was full of people who took that step first, and none of them did it alone. Reach out to Motion Church, join a small group, and let someone walk with you the way Christ walks with us.

Motion Church · Madison, Alabama · coreysanders.tv

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