

NOT TODAY SATAN

A 7-Day Devotional by Haley Jones

Description: This 7-day devotional is based on Haley Jones' bold and powerful song, "Not Today". In a time when fear, anxiety, and spiritual warfare feel louder than ever, this devotional will remind you of one unshakable truth: worship is your weapon.

Each day focuses on a different area of the battle—fear, doubt, identity, injustice, and spiritual warfare—offering Scripture, honest reflection, and a prayer to help you stand firm. You don't have to fight in your own strength. You were made to worship your way through it—and walk in the victory Jesus already won.

Declare it with faith: Not today, Satan.



Day 1: Stop Giving in to Fear and Doubt—Worship Instead

Scripture:

“I sought the Lord and he answered me; he delivered me from all my fears.” - Psalm 34:4 (NIV)

Devotional:

Fear and doubt are natural emotions, but they become spiritual strongholds when we let them take the lead. They speak in whispers: “What if it doesn’t work out?” or “Are you sure God really said that?” That’s exactly what the enemy wants—your faith paralyzed by uncertainty and your worship silenced by worry.

But fear and faith cannot thrive in the same space. One will always overpower the other.

David wrote Psalm 34 in a season of deep trouble, on the run for his life. And yet, what did he do? He sought the Lord—and the result wasn’t a change in circumstances first, but a change in him. God delivered him from fear before He delivered him from the situation. That’s the power of seeking God in worship.

Worship isn’t pretending everything’s fine. It’s standing in the middle of the mess and saying, “God, I trust You anyway.” Fear wants you quiet. Doubt wants you frozen. But worship makes you brave. Worship is your way out of the pit and back into God’s promises.

Reflection Questions:

1. What fear or doubt has been loudest in your life lately?
2. What does worship look like for you when you don’t feel strong?
3. What promise from God do you need to cling to right now?

Prayer:

God, I surrender my fears to You. I bring You every anxious thought, every doubt, every unanswered question—and I lay them at Your feet. Teach me to worship instead of worry. Strengthen my faith when it feels small, and remind me that You are with me even in the middle of the unknown. In Jesus’ name, Amen.

Day 2: Worship Is a Weapon

Scripture:

“The Lord will fight for you; you need only to be still.” - Exodus 14:14 (NIV)

Devotional:

We often feel like we need to fight our own battles—to fix everything, prove ourselves, or defend our worth. But in God’s kingdom, stillness and surrender are more powerful than striving. When the Israelites were trapped between Pharaoh’s army and the Red Sea, they panicked. But God didn’t need panic—He needed praise.

Moses told them to stand still and let the Lord fight for them. That stillness wasn’t passivity—it was positioning. A position of trust. A position of surrender. A position of worship.

Worship disarms the enemy because it shifts the focus off the problem and onto the power of God. When you lift your hands in praise, you lay down your weapons of fear, control, and pride. You make room for God to move.

You may not feel strong enough to fight, but the good news is—you don’t have to be. You serve a God who steps into battle on your behalf when you worship Him.

Reflection Questions:

1. What battle are you trying to fight on your own right now?
2. In what area is God asking you to lay down control?
3. How can you use worship to position yourself in trust today?

Prayer:

Lord, I choose to lay down my weapons and pick up my worship. I don’t have all the answers, but I know that You go before me. I trust You to fight what I cannot. Let my worship be louder than my worry. I take my place at Your feet and surrender every battle to You. In Jesus’ name, Amen.

Day 3: If God Is for Me, Who Can Be Against Me?

Scripture:

“What, then, shall we say in response to these things? If God is for us, who can be against us?”- Romans 8:31 (NIV)

Devotional:

There's a difference between knowing God is for you and living like He is. When life comes at you hard—when people walk away, when plans fall apart—it's easy to feel abandoned. But your feelings are not the truth. God is for you, and nothing and no one can stand against His will for your life.

This is why worship is powerful. It resets your mind and spirit back to the truth of who God is and who you are in Him. When you worship, you're not begging for His favor—you're reminding your heart that you already have it.

The enemy wants to isolate you, to convince you you're forgotten, but worship pulls you back into alignment with the love and power of God. Even when everything else is shaken, God remains faithful—and He's in your corner.

Reflection Questions:

1. Are there areas of your life where you feel like God is distant?
2. What would change in your heart if you believed 100% that He is for you?
3. How can worship realign your confidence today?

Prayer:

God, I thank You that You are for me—not just in the good times, but in every season. Help me to silence the lies that tell me I'm alone or unworthy. Strengthen my faith to walk boldly in Your love and confidence. I worship You not for what You can do, but for who You are—my Defender, my Provider, and my Father. In Jesus' name, Amen.

Day 4: Victory in Jesus' Name

Scripture:

"But thanks be to God! He gives us the victory through our Lord Jesus Christ." - 1 Corinthians 15:57 (NIV)

Devotional:

The enemy comes to steal, kill, and destroy—but he is already defeated. Every time you raise your voice in worship, you're not just declaring truth—you're also declaring war. You are reminding the enemy of something he wants you to forget: he's lost.

You don't have to wonder if victory will come—it already has. The resurrection of Jesus sealed it. Satan will try to throw lies, fear, and temptation your way, but you can stand and say, "Not today, Satan." Not in your mind. Not in your home. Not in your purpose.

Worship is the war cry of the victorious. It tells the enemy he has no place. It reminds your soul that Jesus reigns. No matter how intense the battle gets, you don't worship for victory—you worship from victory.

Reflection Questions:

1. Where in your life has the enemy been trying to wear you down?
2. How can you respond with worship instead of fear or frustration?
3. What would happen if you declared Jesus' victory out loud every day?

Prayer:

Jesus, You've already won. Help me to walk like someone who knows that. When the enemy comes against me, remind me to worship and stand in Your name. I declare boldly: Not today, Satan. My heart belongs to Jesus. My victory is in Him. Amen.

Day 5: No Longer Bound Through Faith

Scripture:

“So if the Son sets you free, you will be free indeed.”- John 8:36 (NIV)

Devotional:

You don't have to live like a prisoner when you've already been set free. But too often, we carry the weight of past mistakes, old mindsets, or chains that Jesus already broke. The enemy wants you to forget your freedom—but worship helps you remember.

Worship is a bold declaration: I am no longer bound.

Bound to shame? No more.

Bound to fear? It's broken.

Bound to insecurity? Not anymore.

Through faith in Jesus, you've been set free. But now it's time to walk in that freedom. Worship is your victory song as you step out of what was and into what is. Don't wait to feel free—declare it, believe it, and live it.

Reflection Questions:

1. Are there areas where you're still living like you're bound?
2. What does freedom in Christ mean to you personally?
3. How can worship help you walk boldly in your identity as a child of God?

Prayer:

Lord, thank You that I am no longer a slave to fear, sin, or shame. You have set me free, and I receive that freedom by faith. Help me to walk in it daily. Let my worship declare that I belong to You, and that I am who You say I am—redeemed, loved, and free. In Jesus' name, Amen.

Day 6: He Didn't Stutter When He Said "Vengeance Is Mine"

Scripture:

"Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."

Devotional:

Sometimes, the hardest act of faith is letting God handle it. When you've been wronged, betrayed, or hurt, it's tempting to fight back or seek justice on your own. But God says, "Vengeance is Mine," and He didn't say it by accident or in passing. He meant it.

He didn't stutter.

Worship helps you release control. It reminds you that God sees what happened, and He will make it right—maybe not in your timing, but always in His perfect way. When you choose worship over retaliation, you're trusting God to be your Defender and your Judge.

Let worship be your weapon when bitterness knocks. Praise God instead of plotting. Lay it down, and watch what He will do with it.

Reflection Questions:

1. Is there someone or something you need to release to God today?
2. What has "justice" looked like in your hands versus in God's hands?
3. How can worship lead you into healing and peace?

Prayer:

God, You are just, and I trust You with the wrongs I've experienced. Help me to let go of bitterness and surrender the desire for revenge. I choose to worship instead of retaliate. I trust that You see it all, and You will make it right. In Jesus' name, Amen.

Day 7: Stand Firm on the Word of God

Scripture:

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand to your ground..Stand firm then..”- Ephesians 6:13-14a (NIV)

Devotional:

The battle isn't always loud. Sometimes it's subtle—the slow drift, the quiet compromise, the mental weariness. That's why God doesn't tell you to sprint—He tells you to stand. Not in your own strength, but on His Word.

Worship helps you stand when everything around you is shaking. It brings the truth back to the front. When you lift your voice in praise, you're not just singing—you're standing on a solid foundation. You're declaring, “No matter what happens, God's Word still stands, and so will I.”

Every time you choose worship over worry, truth over lies, and faith over fear—you're standing. You're resisting the enemy and standing in victory.

Reflection Questions:

1. What parts of your life feel unstable or uncertain right now?
2. Are you standing on God's truth—or your own strength?
3. What promise from God's Word can you declare over your situation today?

Prayer:

Lord, I choose to stand on Your Word. Help me to be grounded in truth when the world feels unstable. I declare that no weapon formed against me will prosper, and I will not be moved. Let worship anchor me to Your promises. In Jesus' name, Amen.