

This devotional is designed for individuals or groups seeking to understand and celebrate autistic individuals, or for autistic individuals seeking self-acceptance and affirmation in their faith.

Five-Day Devotional: Fearfully and Wonderfully Diverse

Theme:

Recognizing God's Intentional Design in Neurodiversity

Day 1: The Divine Signature of Uniqueness

Focus: Intrinsic Worth and Intentional Design

Scripture:

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth." (Psalm 139:14-15, ESV)

Reflection:

This passage affirms that every single person is a masterpiece, a work of art crafted by God's own hands. The term "fearfully and wonderfully made" speaks not only to our biological complexity but also to the intentionality behind our existence. This includes the unique way an autistic brain is wired, the intense sensory experience, the profound focus, the dedication to logic. When we encounter difference, especially neurodiversity, we are encountering a deliberate aspect of God's wonderful works. Your brain, or the brain of the autistic person you care about, was not a mistake. It was "intricately woven" in secret, known to God before birth. This day's focus is on moving past judgment of difference toward awe of the Designer.

Prayer:

Heavenly Father, thank you for the wonder of creation. Forgive us for the times we have judged differences instead of celebrating it. Help us to see ourselves and others through the lens of Psalm 139. Affirm in our hearts the profound truth that neurodiversity is part of your intentional, wonderful design. Open our eyes to see the beauty in every unique expression of your image. Amen.

Notes/Journaling:

- *What part of your own thinking or processing (or that of an autistic loved one) feels the most "different"?*
 - *How does Psalm 139 transform that "difference" into a piece of divine art?*
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Day 2: The Body Needs All Its Parts

Focus: The Essential Role of Diverse Gifts

Scripture:

"For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ... God has so composed the body, giving greater honor to the part that lacked it, that there may be no division in the body, but that the members may have the same care for one another." (1 Corinthians 12:12, 24b-25, ESV)

Reflection:

The church is God's living demonstration of unity in diversity. Paul emphasizes that the parts of the body that seem "less honorable" or less visible, those that struggle to fit the majority's norms, are precisely the ones God intends to be given "greater honor." The unique gifts associated with autism, such as systematic thinking, intense loyalty, capacity for deep knowledge, and literal honesty, are essential components of the Body of Christ. When we force conformity, we create division and weaken the Body. We are called to actively seek out and honor these contributions, ensuring that the environment (the church, the workplace) is accessible so that these members can thrive and share their gifts.

Prayer:

Lord Jesus, thank you for making the Body of Christ so rich and varied. Show us where we have marginalized or dismissed valuable gifts simply because they didn't look conventional. Help us, as a community, to be a place where there is "no division", where sensory needs are met, communication is clear, and intense interests are celebrated as potential divine gifts. Give us wisdom to honor the seemingly weaker parts so that your Body may be whole and effective. Amen.

Notes/Journaling:

- *What unique gift (like a special interest, or attention to detail) does a neurodivergent person bring that your community/family needs?*
 - *What is one practical change your church/community could make this week to honor a "less honorable" part (i.e., making an accommodation)?*
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Day 3: A Clearer Call to Truth and Sincerity

Focus: Honoring Literal Communication

Scripture:

"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another." (Ephesians 4:25, ESV)

"Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil." (Matthew 5:37, ESV)

Reflection:

Autistic communication often cuts through social ambiguity, valuing clarity, directness, and literal truth. While this style can clash with a neurotypical world that relies heavily on euphemisms and subtle social cues, Scripture repeatedly calls us toward sincerity and the simplicity of truth. The autistic disposition to avoid social performance and speak plainly aligns perfectly with Jesus's call to let our "Yes" be "Yes" and our "No" be "No." This realization challenges neurotypical people to embrace a higher standard of honesty in their own interactions, valuing substance over social performance. The truth spoken plainly is a divine virtue.

Prayer:

God of Truth, thank you for the gift of plain speech. Help us to practice sincerity in all our relationships. Forgive us when we rely on confusing social scripts and unspoken rules. Give us the patience to listen and the wisdom to speak clearly, especially when communicating with those who process literally. Help us to put away falsehood in all its subtle forms and build genuine connection rooted in the truth of your Word. Amen.

Notes/Journaling:

- *In what situations do you rely on subtle social cues or "white lies"?*
 - *How would your relationships improve if you committed to being more direct and truthful (Ephesians 4:25)?*
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Day 4: Partnership in Vulnerability (The Moses Model) Five-Day Devotional: Fearfully and Wonderfully Diverse

Focus: Divine Accommodation and Support Systems

Scripture:

"But Moses said to the LORD, 'Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue.' ...Then the LORD said to him, 'Is there not Aaron, your brother, the Levite? I know that he can speak well... He shall speak for you to the people, and he shall be your mouth, and you shall be as God to him.'" (Exodus 4:10, 14, 16, ESV)

Reflection:

Moses's protest reveals a genuine disability or difference that affected his speech ("heavy of mouth and heavy of tongue"). Crucially, God did not dismiss this limitation. Instead, He provided a supportive partnership in Aaron. This is a profound biblical model of divine accommodation. God's plan did not require Moses to overcome his difference alone or be healed instantly; it required the community to step in and offer support. This affirms that seeking and receiving support (an aide, an advocate, noise-canceling headphones, a quiet corner) is not a lack of faith, but a necessary fulfillment of God's provision for an essential task.

Prayer:

Sovereign Lord, we thank you for the example of Moses and Aaron. When we feel overwhelmed by our limitations or the world's inaccessibility, remind us that you provide partners and provision. Raise up "Aarons" in our lives and communities—people who will use their strengths to support others. Give us the humility to ask for help and the compassion to offer it, fulfilling your call through partnership rather than demanding isolated self-sufficiency. Amen.

Notes/Journaling:

- *If you are neurodivergent, what "Aaron" (accommodation, person, or tool) do you need to ask for this week to better serve God?*
- *If you are neurotypical, who can you commit to being an "Aaron" for, stepping into a supporting role to bear their burden?*

Day 5: The Law of Christ: Bearing One Another's Burdens

Focus: Love as the Foundation for Accessibility

Scripture:

"Bear one another's burdens, and thereby fulfill the law of Christ." (Galatians 6:2, NASB)

"If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, 'Go in peace, be warmed and filled,' without giving them the things needed for the body, what good is that?" (James 2:15-16, ESV)

Reflection:

The core of Christian life is love, defined by the practical action of "bearing burdens." For the neurodivergent individual, these burdens are often invisible: sensory overload, intense anxiety from masking, or exhaustion from navigating ambiguous social rules. James tells us that empty words of encouragement are useless if we fail to provide the things needed for the body. In the context of neurodiversity, bearing a burden means providing accessibility. It means creating a low-sensory space (a quiet corner), providing clear communication (written instructions), and adjusting expectations (allowing movement or stimming) to enable participation. This is not about being "nice"; it is about fulfilling the "law of Christ."

Prayer:

Almighty God, your law is love. Show us the practical, tangible burdens our neurodivergent brothers and sisters carry that we often miss. Help us to move beyond superficial awareness to radical acceptance and active accessibility. Give us eyes to see the need for quiet space, clear words, and patient understanding. May our lives reflect the selfless love of Christ as we willingly adjust our comforts and norms to bear the burdens of others, making your church a true home for all your wonderfully made children. Amen.

Notes/Journaling:

- What is one **tangible thing** you can do this week to make your home, small group, or church more accessible (e.g., dim the lights, provide fidget toys, create a quiet break spot)?
- Meditate on the phrase: "The accommodation is not the favor; it is the fulfillment of the law of Christ."

Closing Reflection

The Bible teaches that **God's kingdom is not built on sameness, but on unity through diversity**. Autism does not limit God's ability to work; it often magnifies it.

"There are different kinds of gifts, but the same Spirit."

— 1 Corinthians 12:4

May you know that you are **fully seen, deeply loved, and intentionally gifted** by God.

May the church continue to see, honor, and activate the spiritual gifts of every believer, especially those the world too often overlooks.

Action Steps for Individuals with Autism

1. **Know Your Identity in Christ**

You are fully loved, chosen, and gifted by God.

2. **Ask God to Reveal Your Gifts**

Spiritual gifts grow through prayer, practice, and encouragement.

3. **Serve in Ways That Align with Your Strengths**

God often works through your natural wiring.

4. **Don't Compare Your Calling**

Your gift may look different, but it is no less powerful.

May every spiritual gift—spoken and unspoken—be used for the glory of Christ.