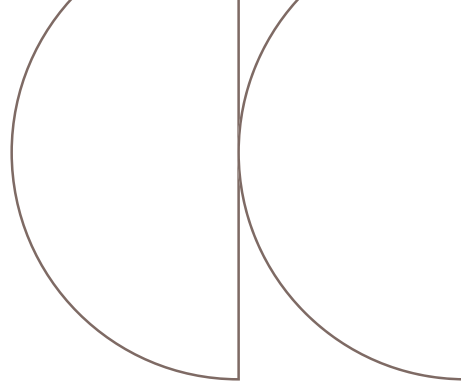


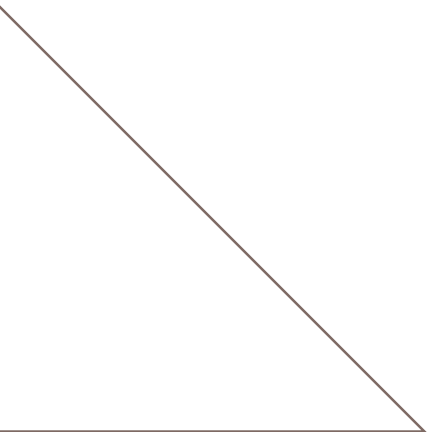
DAY 7

Jesus Christ is the same yesterday, today, and forever. Hebrews 13:8 NLT

When we memorize Scripture we are able to recall what’s really true in a world full of so many different opinions. We’re bombarded with all sorts of facts and opinions each and every day. This overwhelming amount of information can confuse and distract us from what’s true and best. Memorizing Scripture helps us to focus on the truth when we need it most. When you set your wake up alarm this week, add the text of this Scripture to it.



Lined writing area for Day 7 notes.



DAILY DEVOTIONAL

FOR AN **everyday faith.**

EVEN IF/WEEK 4

HIGH SCHOOL

DAY 1

Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect. Romans 12:2 NLT

Have you seen something in nature completely transform? Think about a caterpillar turning into a butterfly, or a tadpole turning into a frog. It’s pretty incredible to think God is also in the business of transforming us. But instead of an outward change, today’s verse tells us God is most interested in transforming our inward being—our thoughts. God wants to focus on changing our minds and what we think about. Why? Because what we think about impacts what we say and what we do.

This week, instead of letting your mind get overwhelmed with fear, doubt, or stress over what’s happening in your life, spend time this week filling it with God’s Word, allowing it to transform you from the inside out.

DAY 2

In His kindness God called you to share in His eternal glory by means of Christ Jesus. So after you have suffered a little while, He will restore, support, and strengthen you, and He will place you on a firm foundation. 1 Peter 5:10 NLT

Think back to a time when you experienced a difficult change or something didn’t go as planned. Was it when you didn’t get the spot on the team, or maybe one of your friends moved away? There are times in our lives when things don’t go our way, or we experience difficult change, and that can be hard to know how to deal with it. In this verse, Peter is saying that life won’t always go the way we want it to, but we can trust that God is faithful to help us walk through this and that there is a purpose for what we are going through. The way it is now is not the way it will always be. There is a reason to hope for better days ahead.

This week make a list of how you have seen God be faithful that can serve as a reminder to trust Him when you experience difficult circumstances.

DAY 3

For everything there is a season, a time for every activity under heaven.
Ecclesiastes 3:1 NLT

Do you have a favorite season of the year? Maybe it's one of the four seasons, such as spring or fall. Or maybe your preferred season revolves around a certain sport or activity, like basketball or soccer. No matter what your favorite time of year is, God has designated every activity—every unique season in our lives—for a certain time. And once that season is finished, it's time for another to take its place.

Instead of being frustrated about a particular season coming to an end in your life, pray and ask God to remind you that with each season comes new challenges and new experiences—and the opportunity for new found joy and excitement along the way.

DAY 4

Think about the things of heaven, not the things of earth.
Colossians 3:2 NLT

What consumes your thoughts? Is it the stress of homework? The pressure of figuring out how to connect with your crush? The replay of what you didn't do in your last game? Our thoughts are loud and they take up a lot more time than we typically realize. So, what would it look like for you to set your thoughts on "the things of heaven?" This doesn't mean you have to constantly think about only spiritual things. However, it does mean that you bring spiritual perspective into your ordinary thoughts. Maybe you think about what it would look like to treat your crush like God says is best. Maybe you think about the way you use your influence on the field to point your friends to Jesus. Maybe you think about why you're doing homework, not just for yourself, but out of respect for the leaders (teachers) in your life. This might not sound normal, but with the amount of time you spend thinking, this could change everything.

Today, write down a few of the most consistent thoughts you've had lately, and then write out a possible way that God might be aligning your thoughts with a Godly way of thinking.

DAY 5

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance.
Romans 5:3 NLT

There is nothing about our problems that feels exciting. Life would be so much easier if we didn't have to go through difficult moments. However, Paul, the author of Romans, says that our problems can actually push us to joy. Here's why: Problems build endurance. It's just like exercise; in the moment, our bodies are pushed to their edge, but we know that pain only makes us stronger. God can use your painful circumstances to do the same thing in your life. This doesn't downplay the difficulty of what you might be walking through, but hopefully it encourages you to know that you can find purpose in the challenges you face. God doesn't rejoice in your difficulty, but God also doesn't waste the experiences we go through. What you're walking through now is something God can use to build you into the person you will be tomorrow.

Today, talk to your small group leader about this and ask them how God has helped them grow as a person even as they faced challenges.

DAY 6

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.
Proverbs 3:5-6 NLT

Written by Alyssa R., age 15 from Clearwater, FL, USA

Change is always hard. In this world we see change all the time and some of that change is not comfy or enjoyable. It disturbs our life and can make things really difficult. The future can be a very uncertain thing that we as teens tend to stress about. It feels like this big, looming shadow that you can't escape. I had a big fear of the future at one point. Thinking about it was scary; it felt so uncertain. Then I realized that as a child of God I had no reason to fear the future. As this verse says, as long as we seek God in all we do He will show us where to go in life. We may not always see where He is going and may want to become a backseat driver, but we need to trust that He knows best, because He does. He's God. He knows all and is always good, even when life is not.

So even when we don't understand where on Earth He is taking us, we can be sure that as long as we're following Him, He will never steer us wrong.