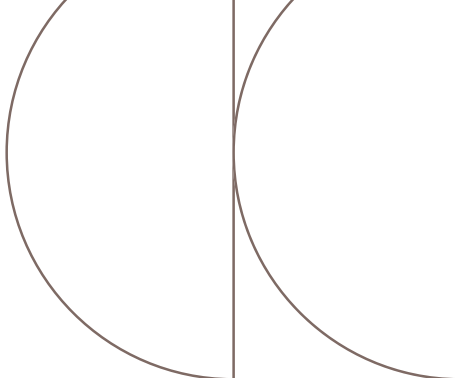


DAY 7

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

Memorizing Scripture helps us internalize what we're reading. Sometimes, it's easy to just read the words of Scripture and not really think about the deeper meaning behind them. When you take the time to memorize Scripture, it helps you stop and think about what's actually being communicated in the text. With a dry-erase marker or makeup, write the verse on your mirror so that you see it daily when you first wake up.



DAILY DEVOTIONAL

FOR AN **everyday faith.**

EVEN IF/WEEK 2

HIGH SCHOOL

DAY 1

Give your burdens to the Lord, and He will take care of you. Psalms 55:22 NLT

Imagine walking down the street, picking up a small rock, and tossing it into your backpack. Then, as you see more rocks on the sidewalk, you put those in your backpack, too. Now, after walking around for a bit with those rocks, you'd probably begin to realize that what started as manageable weight has now become more than you can bear. The same is true with our burdens. God has not called us to carry our burdens alone. In fact, He wants you to give Him EVERYTHING that burdens you.

Are you carrying some burdens right now? Are you feeling weighed down by the circumstances you're walking through? Today, take those burdens to God through prayer. He's there to help and wants to take care of you.

DAY 2

And I will ask the Father and He will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. John 14:16-17a NLT

Is there someone in your life who you can always go to for good advice? Maybe it's a parent, teacher, coach, or your Small Group Leader. Each of these are people who God has placed in your life to guide you, and they can be especially helpful during difficult times of change. On top of that, Jesus reminds us that God not only gives us people to guide us in this life, but He has also sent His Holy Spirit to be an Advocate—helper and comforter—along the way. While people in our life will come and go, it's comforting to know God's Spirit will never leave.

How would you look at times of change—changes at home, at school, or on your team—knowing you have an Advocate with you at all times?

DAY 3

I took my troubles to the Lord; I cried out to him, and he answered my prayer.

Psalms 120:1 NLT

When was the last time you “cried out” about something? Maybe it was last year when you broke up with the person you had been dating. Or maybe it was last week when you stubbed your toe on a chair (it happens). For some, crying out comes easily when they share emotional pain or stress. For others, crying out is more of a response to a physical injury—as opposed to an emotional one. No matter which way you tend to lean, when we go through struggles and seasons of change, the writer of this verse reminds us that crying out to God is always okay.

In fact, whatever uncertainties you’re facing today, cry out to God in prayer. Share whatever it is you’re going through, and be confident He is listening and is with you.

DAY 4

The name of the Lord is a fortified tower; the righteous run to it and are safe.

Proverbs 18:10 NIV

Have you ever been caught off guard by a thunderstorm? Suddenly, you were inconveniently, drenching from head to toe. Sometimes it can be a frightening experience, especially when lightning is involved. During this time, our first thought is usually to seek shelter—fast! Similarly, in this verse Solomon reminds us that God wants to be that shelter for us as well. He is our refuge during our personal trials, and Someone we can run to when life’s unexpected thunderstorms catch us by surprise.

Spend time today memorizing this verse or typing it into your phone so when seasons of change hit, you’ll be reminded to run to your place of safety.

DAY 5

The Lord is my light and my salvation—so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?

Psalms 27:1 NLT

We’ve all got stuff we are afraid of; it’s normal. Things like rejection, not measuring up, being alone, the negative opinions of others, the unknown, or sickness. Fear can be like a dark shadow over our lives; so powerful it almost feels like a prison. Feeling afraid is a human emotion. But we don’t have to live trapped by fear. This psalm reminds us what is true of God when our fear feels more true—what is real about God when our fear feels more real. In times when we’re afraid, we can remember that God is bigger. God is our safe place.

This week, pray, say it out loud or write in a journal to God your fears, and let His promises be light in your darkness.

DAY 6

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.

Joshua 1:9 NLT

Written by Brooklyn M., age 16 from Deltona, FL, USA

Have you ever been in a season where God flips everything you thought you knew right on its head, and you just didn’t know how to feel? That’s probably exactly what Joshua, the author of this verse, felt. After the death of Moses, the Israelite nation’s leader, the Lord asked Joshua to take over what He had prepared for Moses to do. Joshua became the leader of a whole nation and would be leading them to cross the Jordan River. For Joshua, you can imagine how overwhelming that big of a change could be. God promised Joshua He would provide everything he needed to cross the river and the land that would become their home. All He asked was that Joshua trust in Him and not let the situation discourage him. And God does the same for us.

All you have to do is trust in His plans. He uses the change you go through to change what is within you! This means changing your heart and how you see things, just as He did for Joshua.