

DAY 6

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalm 51:10 NIV

Some of us can remember a time when we made a significant faith decision—some moment where we decided to take our faith more seriously. Chances are we remember it because we felt something powerful. Those moments can be a big deal, but this verse uses a word that is just as important when it comes to our faith: steadfast. We might remember the emotional and significant moments of our faith journey, but for our faith to grow and get stronger, it needs to be steadfast. That means the day to day, less interesting, emotional, or meaningful moments matter too.

This week look for ways to grow in your faith even in the moments that don't necessarily stand out or feel all that memorable.

DAY 7

Memory Verse: The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. John 10:10 NLT

This verse is important because it reminds us of what God has for us and what the enemy has for us so we can choose who we want to partner with as we walk out our faith.

Ways to help you memorize this verse:

- 1. Start with the full scripture written out. As you try to memorize, erase one word at a time until you have the whole thing down!**
- 2. Write out the verse one word at a time on cards. Mix them up and try and put them back in order.**

DAILY DEVOTIONAL

FOR AN
everyday faith.

THE ONE / WEEK 4

HIGH SCHOOL

DAY 1

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23 NIV

Imagine you and a friend are trying to keep a ball in the air and not let it touch the ground. Of course, you handle it carefully and if that ball was glass? You would be even MORE careful! Sometimes we forget that our heart is fragile and treat it like we don't have to take care of it. But to protect your heart means to remember who you are, how you were made, and what makes you, you. Your heart is the core of who you are so don't allow it to be mistreated by others who don't see you and know your value.

What could protecting your heart and remembering who you are look like today?

DAY 2

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

We can tend to work really hard to fit in, but once we do, the mold we fit in to can feel constricting and uncomfortable. But what if we weren't meant to fit one specific mold? What if there was more to us than being forced into the way everyone else is? In fact, what if the things that makes you different or unique, are the very things that make you, you? The thing God can use to make a distinct difference in the world? You're made to be a unique, interesting, quirky child of God, and God is ready to walk with you in that transformation.

This week, ask God to show you how God sees you.

DAY 3

Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with love.
1 Corinthians 16:13-14 NLT

Simple and clear instructions are the best. It takes away any confusion, guessing, or potential misunderstandings. Maybe that's why this verse is so helpful. The first part reminds us that our faith isn't just something that happens to us. We have to be active in growing it. The verse reminds us to stand firm in what we know. Then it ends with the real point of our faith, the real evidence of our relationship with God: do everything with love. It doesn't get more straightforward than that.

This week, as you are making choices, don't just ask yourself if something is right or wrong, consider whether what you are doing is being done in love. Let courage, strength and love be your guide this week.

DAY 4

May these words of my mouth and the meditation of my heart be pleasing in your sight, LORD, my Rock and my redeemer.
Psalms 19:14 NIV

Can you think of someone you look up to? Maybe an older sibling you wanted to dress like or an artist you want to make music similar to. Whoever it is, you want them to like or approve of you, right? The psalmist in this verse is speaking this same way about God—about having so much respect for God, that they want to do everything they can—in their words, their actions, and their motivations—to please God. In other words, this verse is about recognizing that while there are things we may want to do or say, ultimately, we should be looking to God to determine how we live.

This week, when making a decision, ask God this question, "Does this honor you?"

DAY 5

I can do all this through him who gives me strength.
Philippians 4:13 NIV

*Written by Chapman, age 21
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Dating can be the worst. Maybe we feel pressure to be in a relationship--pressure from our friends and everyone around us who all seem to be dating. When we are stuck feeling this pressure, we will often stick with a partner who may not be right for us, or pursue people that might not be a healthy partner. It might feel uncomfortable, unfamiliar, or scary to think about what it might be like without a relationship. It might feel weird or lonely not pursuing anyone at all.

No matter what our friends might say, being single is not the end of the world, and even a healthy relationship doesn't have to be your whole world! It can be terrifying to step out of a relationship that does not help you grow, or to not spend all of your energy pursuing relationships.

But, bringing a new perspective into dating can allow you to grow and enjoy the rest of your life more. And, the good news is you don't have to do it alone. Jesus is with you

and can give you the strength to change your perspective.

Are you dating in a way that allows you to grow? If not, what is one way you can pick a healthier perspective?