

# DAY 6

**Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.**

**1 Peter 3:9 NIV**

Have you ever hurt someone's feelings and they responded with forgiveness? It probably brought more relief than you were expecting because you may have expected them to get angry with you. Forgiveness eases tension and can lead the way to peace, which is exactly what this verse is inviting you to do. Has someone hurt your feelings recently? Do not seek revenge or harm this person. Do not hurt their feelings in return, even if they don't seem apologetic. God invites us to forgive our enemies because God knows unforgiveness is a prison for you more than the other person.

**Use this opportunity to put this verse into practice today and ask God for strength if you need it!**

# 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 reminds us that the enemy will try to keep you from being the best version of yourself, especially if it advances the kingdom! Memorizing this verse can add power to the words that you use.

**Ways to help you memorize this verse:**

- 1. Have your family memorize the verse together!**
- 2. Voice record yourself saying the verse and play it on repeat on your way to school or work!**

# DAILY DEVOTIONAL

FOR AN  
**everyday faith.**

THE ONE / WEEK 3

HIGH SCHOOL

# DAY 1

**But I say to you, Love your enemies and pray for those who persecute you. Matthew 5:44 ESV**

If you've ever felt betrayed, this verse doesn't feel like an easy one to follow. Maybe you went through a break up or your friend spread a rumor about you. Whatever the situation, the last thing you want to do is love and pray for them. We've all been there. But Jesus, who was betrayed, arrested, and killed by his enemies, tells us to love the people who are hardest to love and pray for them. And, He did just that. While on the cross He prayed that God would forgive them. In other words, Jesus will never ask us to do something He didn't model first.

**Next time you are hurt, bring it to God and let God work in you to extend forgiveness!**

# DAY 2

**Let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. Ephesians 4:23-24 NLT**

When I'm having a bad day, sometimes I act like I get a "restart." I pretend I'm starting the day over so an entire day doesn't feel wasted. If I'm at home I'll actually go brush my teeth as if I really am starting the day over. It feels like I'm renewing the day and not letting it get me down. This is what God can do with our thoughts and attitudes. God can remove the bad and replace it with good, making us more likely to reflect God's love and character.

**You can ask God to give you a "restart," on your thoughts and attitudes. See how it effects your mood and how you see those around you!**

## DAY 3

**The LORD is close to the brokenhearted and saves those who are crushed in spirit.**

**Psalm 34:18 NIV**

There's no doubt about it—getting our heart broken is hard. Whether that's been from a break up, interest in someone that isn't returned or losing someone you love, it's incredibly difficult. In those times, it may feel like God is far away or like God can't hear your prayer. The good news is, this verse tells us the exact opposite and we can rely on what we know over what we feel in those moments. God is near to you even in the hardest times, listening, walking and being with you.

**Instead of running from God, lean in and let God be your comfort and guide.**

## DAY 4

**Love each other with genuine affection, and take delight in honoring each other.**

**Romans 12:10 NLT**

Someone once said, "In every relationship I have, I want to leave the person better than I found them." This can change everything when it comes to how we see relationships. It helps us remember that serving people and honoring them is the best way to not only have lasting relationships, but more meaningful ones. We can apply this to friendships and dating relationships, and it can even make break ups a little easier because it can keep us from being spiteful or mean. Even if it was painful, we don't have to hurt them.

**This week remember this verse and look for ways to leave the people around you better than you found them, honoring them and loving them with genuine affection.**

## DAY 5

**Cast all your anxiety on him because he cares for you.**

**1 Peter 5:7 NIV**

*Written by Daniel, age 20*

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Have you ever experienced rejection from a friend or family member? Maybe you have endured a breakup or felt the pain of wanting to be in a relationship with someone who doesn't have the same feelings for you. God understands how we feel. God loves the whole world and yet so many people don't love God back.

The prophet Isaiah writes about Jesus saying "He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem." Jesus is sympathetic towards us and understands that we may feel overwhelmed at times because of feelings of rejection or loss.

In the midst of our greatest heartbreak, our hearts can be warmed knowing that Jesus demonstrated his own love for us by dying on the cross for our sins. Since God is loving, we can cast all our anxiety on God. As we do, God can give us the strength to show kindness even in the face of rejection.

**Today, I urge you to bring all of your feelings before God in prayer and reflect on God's love for you! Ask God to give you power to demonstrate kindness to those whom you find it hardest to, and to lead you into future relationships that are good for you.**