

DAY 6

Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.

James 1:17 NIV

Have you ever been to school or practice and they give someone an award for never missing a day? Showing up on a regular basis is tough. Even more so when you have to show the same level of dedication every time. While that sort of consistency is hard for us, it isn't for God. He never leaves us, forgets us, or changes. James tells us that every good thing that we experience comes from Him. Why? Because God is good. He is so good that He always shows up and is always the same. Even when our feelings are scattered, we can trust that God isn't.

Right now, take a few minutes and pray. Think back to the moments you have seen God show up, and say a prayer of gratitude.

DAY 7

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:16 NIV

John 3:16 is one of the most memorized verses. It explains how much God loves us in a simple way. Sometimes, when something becomes familiar, it's easy to lose interest. Spend time considering that Jesus isn't just a historical figure or spiritual being. He was a physical person that could have sat next to us and laughed or cried with us. When we picture what that would be like, we can begin to imagine how much God loves us.

Write down the first letter of every word in the verse on a sticky note. Try to recite it using just that, and find the missing words when needed. If you already have this verse memorized, chose a different Bible translation than what you know.

DAILY DEVOTIONAL

FOR AN
everyday faith.

BEFORE I GO / WEEK 3

HIGH SCHOOL

DAY 1

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:16 NIV

Have you ever felt like you have to act perfectly with certain people? Maybe they seem like they have it all together, or you're afraid of what they would think if they really knew you. Trying to paint a pretty picture for people can be exhausting. It can be tempting to do this with God, but the truth is that you and I don't have to. The author of Hebrews tells us that we can come to God boldly, and share with Him how we actually feel and that when we do, He shows us mercy and grace.

Today, write a short letter or text to God about how you've been feeling lately. Be as honest as you can and don't hold anything back!

DAY 2

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

1 Peter 5:7 NLT

Reading Bible verses about anxiety or worry can leave us feeling... anxious? We think, "if I had more faith then I wouldn't feel like this" or, "if I learned to trust God, I wouldn't worry about _____." While that may sound nice, verses like this one aren't supposed to erase your concerns. Instead, they invite us to bring them to God. Not because they will disappear, but because He will take care care of you in them. Like a close friend, God has created space for you to come and be honest with Him about how your feeling.

Today, text or talk to a close friend and remind them that you care about them. As you do, remember that God is there for YOU in the same way.

DAY 3

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.

James 5:13 NIV

Have you ever seen an animal that always seems happy? Maybe it's your pet or a dog you've seen on TikTok. Sometimes we might wish we were always that happy, but for many of us, life can feel like a roller coaster. James gives us a great reminder that whatever life looks like, there are different ways we can go to God. Our prayers and worship don't always have to sound or feel the same. Instead, we can go to God with whatever we are feeling at any given moment.

Today, pick a number between 1-9. Remember it, and every time this week you check the clock and see that number in the current time, share with God what you are feeling at that moment.

DAY 4

How long, Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I wrestle with my thoughts and day after day have sorrow in my heart?

How long will my enemy triumph over me?

Psalms 13:1-2 NIV

Have you ever watched sports and gotten mad at the referee? Refs are supposed to control the game and when they fail to do that, it can be frustrating. It can be tempting to view God as a referee. Like He is supposed to keep things going our way, and when He doesn't, it's upsetting. David wrote many of the Psalms and at times, he felt like this too. God never forgot David but that's how it felt when he wrote this. Consistently bringing our thoughts to God, good or bad, can bring us closer to Him.

Today, listen to one of your favorite worship songs. Take note of one lyric that reminds you of who God is, and put it somewhere you will see it regularly.

DAY 5

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done
Philippians 4:6 NLT

*Written by Quintin, age 16,
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If you are a human (which if you're reading this I hope you are) you have probably been worried at some point in time. Personally, I feel like it is in my DNA some days I often find myself going into long periods thinking up fake scenarios of what MIGHT happen. This makes me worry more, which starts the cycle all over again. Now, worry may look different for you, but we all experience it in some way or another. What we find in this verse, though, is a game-changer!

Paul is writing this because he has gone through worry, but he invites us to step out of worry and lean into something bigger: prayer. It might seem impossible some days, but trust me I know. In fact, I am there, right now, struggling with health issues that I have trouble thinking about without

crying or getting angry. However, we are called to pray to God in thanksgiving. This doesn't mean we have to be a "happy, sunshine-rainbow" prayer. God wants us to be real. God wants us to be raw and honest. I have found it is much easier talking to the God who stays and listens to me even when I feel like I can't get through my day because of all my worries. So talk to him!

Tell God about what is worrying you and then thank God. I trust and pray that God's presence will be upon you and will fill your soul with peace. I encourage you when you are feeling overwhelmed and worried, to thank God in prayer. Get it all off your chest and trust that God has a plan for you!