

DAILY DEVOTIONAL

FOR AN
everyday faith.

REAL TALK / WEEK 2

MIDDLE SCHOOL

DAY 1

**For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
2 Timothy 1:7 NIV**

It's easy to feel defeated when we go through difficult times. When it's hard to fight against the temptations in our lives, we often find ourselves defeated, afraid, or alone. But the good news is, there's hope! As this verse reminds us, we have what it takes to fight against the struggles we face. God's Spirit gives us everything we need—specifically, power, love, and self-discipline—to not only face it, but to get through it and become stronger because of it.

Is there a struggle or temptation you're facing in your life right now? Ask God to give you the power, love, and self-discipline you need to help you as you work through it.

DAY 2

**The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.
1 Corinthians 10:13 NLT**

When we're tempted to do something we know isn't good or right for us, it can be difficult to know how to move forward. In other words, how do we resist the temptations we're facing? Well, as this verse reminds us, with God's help! God promises never to leave us without a way out from temptation. Does that mean the temptation will just suddenly disappear? Probably not! But it does mean that God will provide things like people we can talk to, boundaries we can set, and even wisdom from people in the Bible to help us.

Are you facing a temptation in your life right now? Today, talk to a trusted friend, small group leader, or parent about how you can look for a way out.

DAY 3

He renews my strength. He guides me along right paths, bringing honor to his name.
Psalm 23:3 NLT

Life can be confusing at times. Your body might be changing, school can be tough, and you're sometimes faced with the pressure to do things you aren't sure will be good for you. It can be hard to know which decision to make or what's best for you to do. This is where we can turn to God for help. As the Psalmist did here, we can trust God to guide us toward what's best and give us strength to continue walking that path as we go.

Write this verse down somewhere you'll see it often. Then, use it as a prayer, asking God to guide you down the right path and give you courage to choose what's best.

DAY 4

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

James 1:5 NIV

Where do you turn when you have questions? Parents and friends? Social media or YouTube? While we might find answers in those places (and pretty good answers at times!), the best place we can turn when we need an answer is to God. Why? Because God has all the wisdom, knowledge, and power to give us the best answers—the real answers—we're looking for in life.

Take time to pray to God about things you need help with or answers for. Ask God for the wisdom and understanding promised to you when you turn to God for guidance.

DAY 5

"You have done many good things for me, Lord, just as you promised. I believe in your commands; now teach me good judgment and knowledge."
Psalm 119:65-66 NLT

Written by Isabel, age 17, from Indianapolis, Indiana, USA

Can you think of a time when you made a decision that you knew probably wasn't a good one? Maybe you ate too much candy and felt sick afterwards, or maybe you talked badly about someone in your class behind their back. I can think of many times where I have made choices that probably weren't the best, too. But even when we are faced with difficult decisions, there is always someone ready to help us. When we ask God for wisdom, God will provide it for us. God is always there and ready to help us when we have a decision to make. By asking God for help, God can teach us good judgment and give us the knowledge to make a wise decision.

Think about a decision you need to make. Take one minute now to ask God for wisdom and knowledge as

you make that decision. This week, look for how God will provide you with what you need to make a wise decision in that situation.

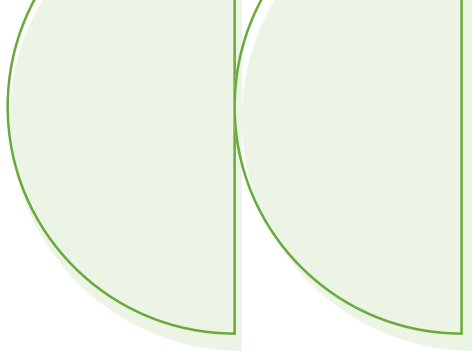
DAY 6

“Be very careful, then, how you live—not as unwise but as wise,”

Ephesians 5:15 NIV

How many times in your life has an adult told you to be careful? Sure, it may sound annoying, but they are saying it for a reason. They want to help you avoid things like pain and hurt in your life. And God wants the same for us, too. God doesn't ask us to be careful to take all the fun and joy out of our lives. God calls us to be careful with how we live so that we can experience the good, full life God has for us.

Get outside today for a walk. As you walk, think about what it looks like to make choices that help you live the best possible life—the one God has planned for you.



DAY 7

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

Memorizing Scripture is one of the best tools we have to fight against things like temptation in our lives. When we're struggling to do what's good and best for our lives, we can remember verses like this one to remind us of what God has for us. So, ask a friend or small group leader to help you memorize it this week.

Text the verse to them each day, working on memorizing more of it each time you write it. Then, at the end of the week, talk with them about what you've learned as you've kept this verse at the top of your mind.

