

DAY 6

“So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.”

Deuteronomy 31:6 NLT

It's easy to tell someone to be strong, or courageous, or to trust in God. But actually doing those things is another story! It's so much harder than simply saying the words. That's why having someone older and wiser to walk with you in your life is so helpful. Those people in your life who follow Jesus have been through what you're going through. So when you come across verses like this that feel hard to put into practice, they can help guide you because they've been there, too! They can help you navigate difficult situations or circumstances in life by trusting in Jesus. And who doesn't want that?

This week, find a parent, guardian, coach, or small group leader and ask them to share what this verse means to them.

DAY 7

“If it is possible, as far as it depends on you, live at peace with everyone. “

Romans 12:18 NIV

Memorizing Scripture helps us know God's truth when we need it most. When we find ourselves in situations that are hard or difficult or make us feel alone, we can hold on to what God says is true to help us navigate through them. So work to memorize this passage today!

Read this verse three times. Now think about a situation in your life where this Scripture could be helpful to you. Then read the verse three times again, thinking about this specific situation as you do. Let it help you remember what's true about God in this and all circumstances!

DAILY DEVOTIONAL

FOR AN
everyday faith.

LET'S TALK ABOUT BULLYING / WEEK 1

MIDDLE SCHOOL

DAY 1

A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1 NIV

Have you ever had a conflict with someone that got out of control? Maybe you didn't mean for it to turn into such a big deal, but by the end of it, harsh words were said, feelings were hurt, and the relationship was damaged as a result. We've all been there! We all know the sting of harsh words said to us or harsh words we've spoken to others. But here's a tip: The next time you find yourself in an argument, stop and think about your words wisely. Because, as the writer of Proverbs notes, it's gentle answers that will turn away anger. That's what will bring healing in our relationships!

This week, think about one way you'll remind yourself to use your words wisely and speak gently when you face a conflict with someone else.

DAY 2

Don't be concerned for your own good but for the good of others. 1 Corinthians 10:24 NLT

One of the most difficult parts of middle school is navigating things like bullying, conflict, and arguments. Knowing how to stand up for those being hurt, learning what to do when we have a fight or an argument with a friend, choosing to speak up when we're the ones being made fun of or hurt—those are challenging things to do. But thankfully, God didn't leave us to figure this out without help. Verses like this one remind us where to begin: by being concerned with the good of others and ourselves. If something isn't good for others, we should work to change that. If something isn't good for us, we should speak up to change that, too!

Pray this week that God would help you see what's good for others and what's good for you.

DAY 3

Do not repay evil for evil. Be careful to do what is right in the eyes of everyone
Romans 12:17 NIV

When someone treats you poorly, it's natural to want to get back at them. But just because it's natural doesn't mean it's what's best for us. God tells us to do the right thing for others no matter what—even when they've done the wrong thing to us! Does that mean we let people treat us however they want? Of course not! But it does mean that we choose to respond in love, both for ourselves and the other person. Instead of choosing payback, we choose what's good for all. That means speaking up when we've been wronged, forgiving others, and moving forward in a way that's healthy.

This week, talk to a trusted adult in your life about what it looks like to do what's right the next time someone mistreats or hurts you.

DAY 4

“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”
Matthew 22:37-39 NIV

Getting along with everyone is a really hard thing to do. Chances are, it's easy for you to vibe with people who are just like you. Why? Because you love you! But people who are different from you? Not always so easy to love, right? And people who treat you poorly because you're different than they are? Well, they may be the most difficult to love! In those situations, we can look to Jesus. He modeled for us what it looks like to love people the way God loves us. He called us to love others the way we want to be loved!

So this week, do that! Follow that example from Jesus and find one way to show kindness to someone who isn't always easy for you to love.

DAY 5

“So this is my prayer: that your love will flourish and that you will not only love much but well.”
Philippians 1:9 MSG

Written by Quintin, age 15, from Bowling Green, Indiana, USA

I remember when I was in middle school, I was bullied by many people for the way my voice sounded and the way I dressed. It hurt me a lot. I always wondered why they couldn't just be nice. Is it that hard? This verse is in a letter that Paul wrote to the Philippians. He mentions one word over and over again: love. Paul doesn't mean love as just a feeling but a love that is active and obvious in the way that people treat one another. Paul wanted the Philippians to grow by not only loving others, but also by loving others well.

So what does this mean for your own life? It might be as easy as recognizing that everyone on this Earth is important, and that means that we all need that love that Paul writes about, especially when it comes to bullying. Whether you are getting bullied or

you are the bully, we are all important and loved in the eyes of God, so we should “not only love much but well.”

So here's my challenge for you: This week, find someone in your school or your home and serve them. As you do, remember that we should not only love others but love them well.