

DAY 6

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT

Our thoughts can be difficult to control. While we might want to think about things that honor God, ourselves, and others, actually doing that can be challenging at times. It's easy for our minds to worry, or compare ourselves to others, or have anxious thoughts. Thankfully, Jesus came to Earth to help us understand what these things mean and to shift our focus toward what is true, honorable, right, pure, lovely, and admirable. The very things this verse talks about!

Look back at the words in this verse: true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise. Choose just one of those words and write down what thoughts you have this week that focus on that thing!

DAY 7

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23

This passage is kind of like a thermometer for our faith. It helps us know whether our thoughts, words, or actions are being motivated by what we want or by God's Spirit—the Holy Spirit—in us. So before we think, speak, or do anything, we can ask ourselves questions like: "Is this loving? Joyful? Peaceful? Patient? Kind? Good? Faithful? Gentle? Self-controlled?" Memorizing this passage will help you have that thermometer for your thoughts, words, and actions in your heart all the time

To begin memorizing this verse today, write it down somewhere. Put it on your mirror, in your locker, or on a note in your room. Each time you see it, work to memorize it!

DAILY DEVOTIONAL

FOR AN
everyday faith.

STEP BY STEP / WEEK 1

MIDDLE SCHOOL

DAY 1

Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:12 NIV

A heart of wisdom. What is it? It's the thing that will help us choose God's best for our lives. It's what helps us speak words that build others up, choose friends that encourage us in our faith, and make decisions that we won't regret later. And according to this verse, a big key to having a heart of wisdom is understanding that life is short. So instead of worrying about what people think of us, or holding grudges, or going after things that won't last, instead, let's remember that each day we have on Earth is a gift from God. Let's choose to live with a heart of wisdom.

Today, ask God to give you a heart of wisdom.

DAY 2

We can make our plans, but the Lord determines our steps. Proverbs 16:9 NLT

It takes a lot of time and energy to make a plan. When we want to hang out with friends, when we're going on a trip, when we have a big game coming up—we spend a lot of time planning for it. But before all that effort, we need to ask ourselves an important question: "Do I trust that God's plan for my life is better than my plan for my life?" What's awesome is that God's plan will bring us more joy, peace, and hope than our plans ever could. Does that mean we shouldn't make plans for ourselves? Of course not! But we can trust God to lead us in them.

Today, think about how you can choose to trust God's plan for your life this week.

DAY 3

You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. Psalm 16:11 NLT

Sometimes we think that following Jesus means life will be boring. We worry that faith will make us miss out on all the fun in life. Well, these words remind us that Jesus wants us to experience life to the full. How? By spending time with Jesus. That's where real joy and real life are found!

So today, choose one way you will spend time with God. Praying? Going for a walk in creation? Listening to worship music? Serving someone else? How will you spend time with Jesus? Whatever it is for you, spend time enjoying being with Jesus today.

DAY 4

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here. 2 Corinthians 5:17 NIV

Have you ever wanted a fresh start? Maybe you made a mistake, or said something you didn't mean, or just had a bad day. When that stuff happens, we all wish for a fresh start, a new beginning, a chance to try again. Well, the good news is that Jesus gives us that every single day. When we believe in and follow Jesus, as this verse reminds us, the old is gone. We have a new start—a fresh start—each and every day because of Him!

In what area of your life do you need a fresh start? Memorize this verse, using it as a prayer to ask for Jesus' help for a fresh start to try again.

DAY 5

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." Psalm 46:10 NLT

Written by Jazmyn, age 18, from Porterville, California, USA

Imagine yourself walking through rows of wildflowers in a garden. It may be easy to see the different shades, sizes, and shapes that are peeking up and think that the flowers have always been that way, but every flower started as a seed. For a season, it may have looked like nothing was growing because we could only see the dirt covering the surface. When the seed was watered and given sunlight, it dug its roots into the ground because soon it would sprout and grow above the surface.

Just like the flowers growing from just a seed, God is working in the same way. Even when it feels like God is not working, God is quite possibly doing more than you can see. And how do we remember that? By being still. It's when we are still, or undistracted, that we can really remember this truth.

Go outside and find something that's growing—a flower, tree, bush, or even blade of grass. If you can, pick a flower or a blade of grass! Place that somewhere you'll see it often this week as a reminder that God is still working, even when we can't see it.