

# DAY 6

Hebrews 12:1 NLT

Any runners out there? Maybe you're an all-star on the track, or you run for fun, or you're the master of the gym class lap. Or maybe you'd do just about anything not to run! Either way, we all know what it feels like to have people cheering us on. That's why, as Christians, it's important to listen to the voices that push us toward God's best for us. Rather than let our playlist be filled with anything else, let the encouragement of God and other Christians push us forward toward the life God has for us.

**Who is one person in your life whose voice encourages you to follow God? This week, find time to talk to them about your faith right now, listening to their truth and wisdom to push you on in your walk with God.**

# DAY 7

Psalms 94:19 NLT

No matter how much we'd like to avoid negative, critical thoughts, the reality is we're all going to have them from time to time. That's part of being human! Rather than giving up and letting those thoughts play on repeat in our minds, we have the power to quiet those thoughts with God's Word. Memorizing Scripture gives us truth to replace our negative thoughts with, and that's the most powerful tool we have to create a new playlist!

**Keep working to memorize this verse this week. To do so, write each word on its own small piece of paper. Then, crumble all the pieces into small balls. Put the paper balls in a cup and shake it up. Pull the pieces of paper out of the cup and attempt to put the words in order as you unfold each piece one at a time.**

# DAILY DEVOTIONAL

FOR AN  
everyday faith.

YOUR NEW PLAYLIST / WEEK 4

MIDDLE SCHOOL

# DAY 1

Psalms 37:5 NLT

We all have goals, like getting the lead role, or making the team, or getting a good grade. Sometimes, we put a lot of pressure on ourselves to reach those goals. In other words, the volume on our inner critic gets turned up loud! It's important to remember that Jesus says if we follow and trust His leading in our lives, we can find peace in any outcome. We don't have to stress ourselves out by putting on the pressure to reach our goals. Instead, we can trust in Jesus and know He will help us every step of the way.

**Is there a goal you want to reach? Every time you think about it, stop and ask Jesus to help you. Pray that you will trust in Him and listen to His voice every step of the way.**

# DAY 2

Jeremiah 1:8 NLT

Getting to know other people can be scary. Teachers, coaches, friends, classmates, and even others in our small group—they're all people who will have an opinion about us. That can be scary, right? While we all may experience some fear of what others think, it's important to remember that Jesus is always with us. When we hear the judgment or criticism of others begin to play in our minds, we can be secure in knowing Jesus is always with us and will always tell us what's true about who we are!

**Write down all the positive things you know to be true about who you are. Focus on the things Jesus says about you. (Hint: Ask your small group leader for help!) Read that list when you need help quieting the fear of criticism and judgment from others.**

## DAY 3

Luke 6:22-23 NLT

Have you ever had someone judge you for your faith? Maybe they've made fun of you, or talked down to you, or just whispered behind your back about the choice you've made to follow Jesus. While that kind of criticism isn't fun or helpful, it is something Jesus understands. Scripture shows us that Jesus Himself experienced judgment, teasing, and negative opinions for the life He lived and the faith He taught us about. So, the next time you feel misunderstood or judged for the choice you've made to follow Jesus, remember that Jesus knows exactly how you feel!

**Take time today to pray, thanking God for sending Jesus to not just show us how to live but to share in what we may be going through in life today.**

## DAY 4

Philippians 4:13 NLT

Have you ever felt nervous to try something new? Maybe a new sport, or a different activity, or even a change in your style. When we try something different, there's always a fear of what's to come. Sometimes, it works! But other times, we end up feeling criticized or judged for even trying. In those moments, it's easy to let the voice of criticism speak loudest in our minds. But the reality is, God's voice is louder. And more than that, God's truth can quiet the critic. With God, we can find the strength to face anything and any critic. That's the promise God gives us: to strengthen us every day!

**Try to memorize this verse this week. When you need it, use it to replace the playlist in your mind and change your thoughts to focus on truth.**

## DAY 5

Colossians 3:23 NLT

*Written by Graham, age 18,  
from Monroe, Georgia, USA*

It can be easy for all of us, including me, to get caught up in trying to impress others in whatever we do. We try to be the best. We try to get others to like us. But here's the thing: that will never truly get us anywhere.

That's why the writer of this verse reminds us to work for God instead of for people. No matter what we are doing, working for God rather than for people ultimately shows people more of who God is through US. I know that's been true in my life and I know it's true in yours too! As you commit whatever you do to God, you might even get to experience things you never thought possible.

**So today, what's one thing you're doing that you want to give to God? It could be anything. That goal you're working toward, the chores you have to do at home, the essay you have to write for your English class. Figure out what it is and then choose to do it for God, knowing God can use it to do more than you ever thought possible. I'm praying for all of us as we continue to do that today together!**