

DAY 6

2 Corinthians 4:17-18 NLT

Our feelings can be big sometimes, right? Well, as big as they may seem, our feelings don't have to be the loudest voice in our lives. When troubles come, we have a choice: We can let our feelings freak us out or we can remind ourselves of what is true. What is that? Well, like Paul, the writer of many letters in the New Testament, said, our troubles won't last. And more than that, if we trust God with them, they have the potential to bring good things into our lives. When our feelings try to tell us otherwise, we can focus on the truth that we know God can do more even in our troubles!

To help you keep this truth on your mental playlist, memorize this verse. Let it be your focus in times of trouble!

DAY 7

Psalms 94:19 NLT

One of the hardest things to do is to fight the thoughts and lies we hear in our heads every day. If we're not careful, we can begin to believe the negative, unhelpful things we think on repeat are true. This is why memorizing Scripture is so important! It allows you to replace the old thought with a new, more powerful truth. And when it's in your head, you'll be amazed by how many times you think of it!

So, work to memorize this verse this week. Invite a friend, parent, or small group leader to memorize it with you. Quiz each other as you go, and celebrate when you both get it down!

DAILY DEVOTIONAL

FOR AN
everyday faith.

YOUR NEW PLAYLIST / WEEK 5

MIDDLE SCHOOL

DAY 1

Ecclesiastes 3:1 NIV

Seasons come, and seasons go. If you hate the cold, don't worry, spring is coming to warm you up. Is summer too hot? That's okay because that crisp fall air is right around the corner! There is a season for everything, which is just how God designed it. And that's true even when it comes to our lives. God promises us that what is now, whether good or bad, won't be forever. That there can always be hope for things to change. The best part? While seasons will change, God always remains the same.

Take a moment to thank God for everything you have been blessed with (be specific!) and for the opportunity to grow during the all seasons of your life.

DAY 2

Psalms 16:8 NLT

Have you ever seen one of those zoomed-in photos where the image is hard to see? You have to study it closely in order to even guess what it is. You're so sure it's an apple, but then it ends up being a dog playing fetch! That's the funny thing about perspective, or how we see things. Having a better perspective on something makes a huge difference in how we view it! The same is true in our lives! When we let God influence the way we see things, we move through life with a new playlist in our minds. One that reminds us that God is always with us. When that's our perspective, we'll find ourselves confident in anything we experience!

Talk to a trusted adult or friend in your life. Ask them how they keep the right perspective and remember God is with them!

DAY 3

Ecclesiastes 3:11 CEB

Have you ever found yourself in the middle of a really hard situation or difficult circumstance? We all have, right? Then we all likely know that trusting God in the middle of our most challenging moments isn't easy. That's when remembering what is true can help us change the playlist in our minds. What can we trust is true about God even when we're struggling? That God is good, that God cares deeply about us, that God loves us unconditionally. No matter what we're facing in life, we can trust those things are always true. And in that, we can find comfort!

Write down three things that you know to be true about God. Then, place it somewhere you'll see it every day. Let it be a reminder of why you can always trust God!

DAY 4

Philippians 3:13-14 NLT

How far do you think someone could drive a car while only looking in the rearview mirror? By only focusing on what was behind them? Not very far, right? Well, without realizing it, you may be doing this in your life right now! Sometimes, we get so focused on our past, or what's behind us, that we miss out on what God is doing now or what God has ahead of us. To keep our thoughts focused on the truth of what God is doing in our lives, we can keep our eyes fixed on the finish line. We can focus on the gift of Jesus and where He's leading us.

Talk to your small group about ways you can encourage each other to keep your eyes and mind focused on what God is doing in your life every day!

DAY 5

Jeremiah 29:11 NLT

*Written by Anna, age 20,
from Lenexa, Kansas, USA*

A few weeks ago, I bought a new plant. Everything was going well, I watered it and kept it in the sunniest spot in my home. But it wasn't soon after that the plant went from looking beautiful and green, to dry and brown. As I grabbed some scissors to get rid of some lifeless-looking leaves, I wondered what went wrong and wasn't sure if my plant would ever look the same again.

Whether it's a plant that you're hoping will get better or another circumstance in your life, Jesus reminds us in Jeremiah 29:11 that the plans that He has for us are not for disaster, but to give us a future and hope. Personally, I ask God questions all the time about why my life is going in the direction that I didn't plan on. I am reminded in these moments that God's plans are the best and the greatest of all, and meant to take care of me, not abandon me.

So today, as a reminder that God's plans for you are best, pray something like this: "God, I don't know why Your plans are unfolding the way that they are, but, I'm trusting that You have the best in store for me. Only You know the future and You say in Your Word that those plans for me are good and full of hope, and I am believing this today, because I trust you will show me where to go and that you are with me. Thank you, God. Amen."