

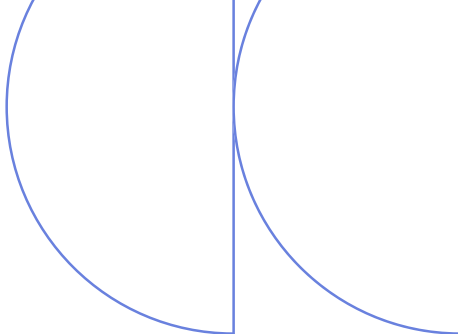
DAY 6

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28 NIV

Life can be hectic. Juggling multiple responsibilities, navigating global tragedies, friendships, and facing those intense moments of crisis that comes with being human, is never easy. That's why making time for rest is important when it comes to our faith life. After creating the world, Genesis tells us that God rested. Even Jesus, when living on Earth, would find time for solitude and rest. He offers us rest as well. Rest could be a nap after school, a couple of deep breaths, or a walk outside. The point of rest is to help us feel at peace and at ease with our surroundings. It allows us to connect with God knowing that God has it all under control.

When we rest, we are growing our faith and becoming more like Jesus.



DAY 7

Memory Verse: I have told you all this so that you may have peace in me. Here on earth you will have many sorrows. But take heart, because I have overcome the world.

John 16:33 NLT

Scripture can help give us advice about how to live, and give us the opportunity to share that with those around us.

Ways to help you memorize this verse:

- 1. Draw out what image comes to mind when you read the verse.**
- 2. Work with a friend to memorize different pieces of the verse.**

DAILY DEVOTIONAL

FOR AN
everyday faith.

PRISM / WEEK 3

HIGH SCHOOL

DAY 1

A joyful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22. ESV

Sometimes it seems like Jesus has gotten a bad rep for being super serious, boring, and even having a harsh personality. But what if we've gotten Jesus all wrong? Things like humor, laughter and joy show us what God is like because God actually created those things. Think about the last time you started laughing and just couldn't stop. The joy we feel in that moment helps us connect to Jesus in a deeper way because those moments that bring us joy and laughter are moments that give us a glimpse at what Jesus is like.

Next time you catch yourself smiling, laughing, or enjoying time with friends, remember that too shows us what God is like.

DAY 2

"Three times a year you are to celebrate a festival to Me."

Exodus 23:14 NIV

We are used to throwing celebrations for birthdays, holidays, big events, or even for no reason at all. But we don't always take the time to celebrate what God is doing in our lives and in the lives of other people. Taking time to pause and acknowledge that God has a part to play in our lives, as the giver of all good things, can actually help us grow in our faith!

Next time you are celebrating something, take a moment to think about how God had a part to play in the reason for the celebration.

DAY 3

A generous person will prosper; whoever refreshes others will be refreshed.

Proverbs 11:25 NIV

Generosity can look like a lot of different things. You can be generous with your time, your skills, your money, or even with how you encourage others. Showing generosity to people around us helps us model the character of Jesus. Giving from what we have to help those who are in need isn't always an easy task. It takes sacrifice, and sometimes it hurts to give up what we want for other people. Yet, when we find ways to be generous, we begin to see a better picture of what Jesus was like.

Look around you today for an opportunity to be generous towards someone else.

DAY 4

In the beginning, God created the heavens and the earth.
Genesis 1:1 NIV

When we take the time to look around at nature, and even at other people, we can see the amazing creativity of God. But God is more than a Creator. We are invited to partner with God by contributing our own ideas, using our talents and chasing after our interests to show our creativity in the world. God created the heavens and the earth, and God also created you. God created you with the brains and skills to find solutions to problems no one has solved yet, to make beautiful things and to think outside the box to help others.

You were made to make a unique contribution to the world. Why not start today?

DAY 5

The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.
Zephaniah 3:17 NIV

Written by Emma, age 21

From Fort Wayne, IN, USA

Have you ever felt like life was hard and that nothing could make it better? I think we all have at some time or another. Sometimes, we may feel super lonely, and it looks like everyone else has friends. Sometimes, we may feel really sad, and it looks like everyone else is happy. Sometimes, we feel like we are drowning in stress, and it looks like everyone else is doing perfect at life. When you feel like that, what do you turn to? Do you turn to your phone? Do you turn to a relationship? Do you try to make life better by finding your identity in your sports, grades, or looks? While those things may make us feel better for a little bit, we will constantly be looking for something or someone who can make our lives better and make us feel valued.

Not only does following God make our life better by giving us joy in our hearts and peace of mind, but also, we can know that God will always love us. God loves you so much that God sings when thinking about you. Here's more great news. God is always with you. Whether you feel it or not, God will never leave you. If you follow Jesus, God saves you from the weight of shame from your mistakes and helps you move forward. This makes life better.

This week, spend some time writing down ways that following God makes your life better as a way to stay positive this week.