



**L.I.T YOUTH MINISTRY**

**L I V I N G I N T R U T H**

**3-MINUTE MENTAL HEALTH**

**DEVOTIONS  
FOR YOUNG  
PEOPLE**



DAY 1

# PSALM 139:13-14

13 For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

God Made You Amazing! God Made You Awesome! God Made You Extraordinary!

Are you artistic? Athletic? Loud? Quiet? Serious or hilarious? Competitive or chill? Are you good with your hands? Can you cook? Do you like to go for hikes or exercise? No matter what you like or how you look, you are made fearfully and wonderfully by God. And that word "fearfully" doesn't mean "scary"—it means "to inspire awe," as in awesome.

The world (including social media) will try to tell you otherwise. At every turn the world says that you don't measure up.

But let it sink in that the Creator of the universe, who is in charge of everything, intentionally sewed you together stitch by stitch before you were born. And all those special things about you—the shape of your eyebrows, the sound of your laugh, the things that make your brain tick, that you're curious about, that bring an uncontrollable smile to your face—God put all that in you, and He did it on purpose. God made you, and He made you awesome.

What makes you you? What do you love to do? What excites or calms you? Sketch a picture of yourself or of something that symbolizes you in a journal or notebook. Thank God for making you exactly who you are. Write the words “wonderful” and “awesome” somewhere on the page to remind yourself how God created you.

### Reflection Questions

1. What makes you you?
2. What do you love to do?
3. What excites or calms you?



## DAY 2

# ROMANS 1:20

**20** For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.

### God's Power and Love

When was the last time you went outside? And not just to stand at the bus stop or walk from a building to a climate-controlled car. According to the American Psychological Association, getting outdoors can help improve your attention, lower your stress, put you in a better mood, and reduce your risk of mental health disorders such as anxiety and depression.

This makes total sense. God created the earth and everything in it. Every tree, rock, creek, flower, frog, squirrel, and bug. Enjoying nature is good for your body, mind, and soul. The fresh

air, the trickle of a stream or the crash of a wave, the song of a bird, the sweet scent of wildflowers, or the stunning colors of a sunset—they all reach somewhere inside you. Getting outdoors can calm your thoughts, inspire curiosity, and spark creativity. It can remind you of God’s great power and love.

Go outside today. Walk a trail, climb a tree, sit by a stream, or spread out a blanket and gaze at the stars. Look around. Listen. Let yourself enjoy your surroundings. Take a moment to thank God for creating so many different and amazing things.

### Reflection Questions

1. When was the last time you went outside just to enjoy yourself?
2. Are you constantly wanting to bunker down in your room?
3. What are you feeling anxious about?





## DAY 3

# JOHN 8:12

**12** When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”

Jesus is Light

You will have dark days. Days when a friend breaks your trust and your feelings are hurt, and you have no idea what to say. Days when depression feels heavy like it's weighing you down. Days when everything seems to be going wrong.

But there is good news. Jesus is light. He's brighter and lovelier than anything you can imagine and more powerful than any dark thing you're facing. Jesus promises that if you follow Him, you'll have the light of life. That might mean Jesus will give you the right words to speak to your friend or a safe place to go when things feel overwhelming. Or maybe He'll

provide a surprise that cuts through your darkness, like a fluffy kitten jumping on your lap or your mom making your favorite meal or a snow day. Sometimes Jesus lights up a way out of an unhealthy situation and toward a healthy one. Jesus offers you better and brighter and wants you to live in His wonderful light.

Walk into a dark room and turn on the light. Notice the difference it makes. Ask Jesus to light up your life, to add brightness to anywhere that's dark.

### Reflection Questions

1. Do you feel like it's night in your life right now?
2. When was the last time Jesus brought light to your life?
3. Does Jesus give you comfort when you reflect on Him?



DAY 4

## 2 CORINTHIANS 5:17

17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Put the Old Stuff Behind You

You know that first chilly day of the season when you pull out the sweatpants you haven't worn in months because it's been too warm, only to realize they're way too short? You've grown, and those sweats no longer fit you.

Living with Jesus also helps us grow—not our bodies, but our hearts and souls. In the process, some things don't fit us well anymore—like friendships that are no longer healthy, habits that don't serve us well, or a grudge against someone that's not worth holding on to. Jesus gives us the freedom to put all that old stuff behind us, to get rid of it, and to move into new things, better things, friendships and activities, and emotions that fit us way better.

Just like you can clean out your closet to get rid of clothes that no longer fit, you can clean out your life by pitching what you've spiritually outgrown. When you do, you'll find yourself as a new creation, better and freer than ever.

Take a few minutes to consider who you hang out with, the activities you do, and your daily eating, sleeping, and viewing habits, and see if there's anything that doesn't fit the life Jesus offers you. If so, take a step to pitch it—delete an app, unfollow the “friend” who always puts you down, throw away the food that hurts your stomach, et cetera.

### Reflection Questions

1. Who do you need to unfollow?
2. What is it in your life that is no longer healthy that you are holding on to?
3. What app do you need to delete or limit yourself on?



DAY 5

# LEVITICUS 20:26

26 You are to be holy to me because I, the Lord, am holy, and I have set you apart from the nations to be my own.

God Picks You

Sometimes you won't get picked. You won't get selected for the team. You won't be put in the advanced class. You won't get a part in the play. You won't get called on even though your hand is raised high. You won't get invited to the party.

It happens to all of us, and it hurts. God picks you even if someone else doesn't choose you. Always!

God calls you to be His daughter or son. God chooses you to love. He sets you apart, and not off to the side somewhere, but to be His very own—for an exciting, fulfilling life filled with love

and acceptance. God chooses you every day, no matter who else does or doesn't choose you. He loves you for who you are. He sees you, and He wants you on His team. God sets you in the highest places. He gives you the leading role. God wants to hear what you have to say, and He promises to be with you always.

Think of something coming up you hope you get chosen for (the starting lineup, the art show, a scholarship, etc.). Let God know what you're hoping for, but also thank Him for choosing you to be His blessed child. Ask God to remind you how special you are to Him (and to be able to hold on to that) whether you get chosen or not.

### Reflection Questions

1. Have you ever felt rejected?
2. How does it feel to know that God picks you?
3. Do you feel like you are special to God?



