

DAY 6

John 14:27 NLT

If tomorrow was your birthday, what's making the top of your wishlist? Shoes or clothes? Money or gift cards? A video game? It would be great if you got all of that and more. But what if Jesus has already given us the greatest gift we could want? We think whatever thing we get can make us at least a little happier. There's nothing wrong with that, but peace of mind and heart don't come with any object. What if Jesus wasn't exaggerating here, and we really can't find that gift anywhere but in Him? Nothing and no one can take that reality away from us. Let's be thankful, that because of Jesus, we find everything our heart desires.

DAY 7

Philippians 4:6 NLT

Now let's put the whole thing together! Because this is verse six, challenge yourself to put it in six places you'll see it throughout the day. For example, set it as your phone's screensaver, use it as a bookmark in a textbook, place it on a mirror or dashboard, etc. At the end of the week, try to write the whole verse out without looking at it! Then, write one thing you need from God, and one thing you're grateful for.

DAILY DEVOTIONAL

FOR AN
everyday faith.

EVERYTHING EVERYWHERE / WEEK 3

DAY 1

James 1:2 NLT

Imagine it's one month in the future, and you are happy almost always. What changed from today? For most of us, we probably pictured less stressful circumstances. It's normal to think things outside of us need to change before we can be happy. What James says here changes everything, because he says everything is an opportunity for joy. Meaning, it doesn't depend on circumstances at all. Whatever the circumstances, joy is possible.

Today, make a short list of reasons you can be joyful regardless of difficult circumstances happening around you.

DAY 2

1 Thessalonians 5:16-18 NLT

By definition, when we're experiencing stress, our minds are consumed with the hard things of life. It doesn't mean the good things have stopped, just that we have stopped focusing on them. Stress overtakes us. One of the best tools to navigate stress is to cultivate gratitude.

Right now, set a one-minute timer and write down as many things as you can think of you are grateful for. For bonus points, try to make this a daily habit!

DAY 3

Matthew 6:34 NIV

Have you ever had someone tell you not to worry? It usually isn't all that helpful... and it may even make you mad. It feels like the person saying it doesn't understand us—they're not in it with us. They are just trying to fix something instead of experiencing something alongside us. Jesus is different though. He knows you better than you know yourself. And His entire objective in coming to earth was to assure us He is always with us. He's definitely for you. When He says to choose not to worry, it's because He cares for you and knows worrying is not helping you.

Is there anything on your list of worries that you can't do anything about today? Take a minute to pray and tell God you're trusting today and tomorrow to Him.

DAY 4

Psalms 94:19 NIV

Throughout the Bible, we find all kinds of real people who get us. The author of Psalm 94 knew what it was like to experience great stress and anxiety, and he was vulnerable about it. So vulnerable in fact, that now anyone with a Bible knows he was stressed and overwhelmed. He also discovered the secret to feeling joy in the midst of it—the consolation or comfort of God. With God's comfort comes joy, or this sense of being content through the ups and downs of life.

Today, set a reminder for a time that is good for you to pray and talk to Jesus about where you need strength and joy.

DAY 5

1 Peter 5:7 NLT

Written by Natalie, age 16, from Winter Park, Florida, USA

Have you ever, on a sleepless night, opened up your window and gazed at the stars? After squinting at their twinkling multitudes, it's easy to be filled with wonder, yet strangely out of touch. How can such beautiful, humongous, fiery forms appear so tiny from our view of Earth? With the naked eye, we can only see a very small fraction, about 0.0000045%, of the stars in our galaxy. Moreover, the light we do see, due to its incredible speed, is actually from the past!

The other evening, I found myself sitting under the stars, worrying about the future. High school is not easy. Homework, friend groups, social media, the "big game," exams, college applications...these stressors seem to lurk at every corner. In the moonlight, I decided to

pray and give my cares to God, just as the author of 1 Peter advises. That night, God sent me two shooting stars. The first reminded me of His care, and the second delivered a comforting message: the same God who holds the stars in place also holds our future in His hands. Though we may only be able to see a fraction of His grand plans, merely a preview of the light ahead, we can find peace by confiding in Him.

This week, whenever you feel stressed about the future, spend some time in prayer, entrusting your cares to the God who genuinely cares about you.