

DAY 6

1 Peter 5:7 NLT

Remember, when it feels like you're carrying the weight of stress, worry, and anxiety, God is caring for you. Draw a circle on a piece of paper or an app on your phone. On the inside of the circle, write down the stressful things you can do something about. Maybe it's a homework assignment you need to do or someone you need to apologize to. Then, outside of the circle, write down the things you're worried about that you cannot control. If you sit long enough, what's outside the circle will be larger than what's inside.

Today, focus on taking the next small step towards addressing what's inside the circle, and then give all those worries outside to God because He cares for you.

DAY 7

Philippians 4:6 NLT

Over the next two weeks, we're going to memorize this verse. We want this truth to travel eighteen inches from our heads to our hearts. When stressful situations arise, we want prayer to be a reflex, not an obligation. Let's start this week with the first sentence. Because it's eight words long, set a reminder on your phone daily for 8:08 AM or PM, whichever is a better time for you, and read the first sentence out loud eight times—which should take about 30 seconds. You've got this!

DAILY DEVOTIONAL

FOR AN
everyday faith.

EVERYTHING EVERYWHERE / WEEK 1

DAY 1

Psalms 55:22 NLT

Have you ever done a final set in the gym, dropped the weight, and felt immediate relief? Or even just let down something heavy you carried around the house? Now imagine the relief from dropping the emotional and mental weight of a worry you may be carrying around. What if the heavy thing weighing on you could be handed to someone who can help you carry it?

Today, find a space where no one can hear you, and say out loud, "God, I trust you with _____ and I am handing it to you." Say the name of the situation, person, etc. in the blank. Then, just notice how you feel. Chances are, even for a moment, the weight got lighter. What might happen if that became a regular habit?

DAY 2

Isaiah 41:10 NLT

When the stress of life consumes us, we lose perspective and can't see beyond what's causing us stress. As it blocks our vision, we also can't see anyone willing to help, making us feel more and more lonely. Often, the loneliness is worse than the stress itself. But what if we are never actually alone? Isaiah says the reason we don't have to be afraid is not because the fear isn't real... but because we aren't alone in it.

Today, grab one small object around your home, keep it in your pocket, purse, backpack, etc., and let it be a symbolic reminder that you are not alone.

DAY 3

John 16:33 NLT

Sometimes, we think feeling stressed means there's something wrong with us. But what if it means we're just... alive? Jesus promised we will have trouble in this world. He did. And we will too. But part of what allows us to "take heart" as this verse says, or have hope and courage amid stressful circumstances, is the reality of what Jesus promised: He has overcome the world. Meaning all of the stress and trouble and anxiety we face doesn't get the last word. Jesus does.

Today, write down one promise Jesus has made about your future (if you have to google, that's okay!). This perspective can make what we're carrying today just a little lighter.

DAY 4

Matthew 6:26-27 NLT

Did you know that of all the living animals in the world... humans are the only ones with a brain that gets stressed about something that hasn't happened yet. Seriously. Jesus points out that God provides for the needs of birds and animals and insects; so why wouldn't He provide for you too?

Today, take a walk outside. As you do so, look around you—and start counting things living without stress, but that God still cares for. Count plants, trees, birds, animals, you name it, and see how high you can get. At the end of your walk, be sure to count yourself too.

DAY 5

Psalms 62:1-2 NIV

Written by Zachary, age 26, from Scranton, Pennsylvania, USA

I need to rest with God when I get angry inside. Sometimes I want to be rude to other people, so I ask God to help me. I find rest by going into my room and being by myself while I write songs about God. God always finds a way for His heart to go to other people. God is so powerful and is always with us.

God is my rock means that God is tough because He listens to our problems without breaking. God is someone we can trust and talk to because He is safe like a family.

Today, challenge yourself and write a song about God. I do this all the time because I need God to help me and guide me through the darkest moments and I need Him in my life because I love Him. When I sing my songs to God,

He always listens to me, and God will listen to you too!

