

# DAY 6

## Proverbs 19:11 NLT

The people we love know how to push our buttons better than anyone else, right? Nobody can get on your nerves like your fam! They know just what bugs you, frustrates you, and makes you mad. And sometimes, they push those buttons. While we may not be able to control what others do, we can control how we respond. In other words, we can control our tempers. You don't have to fight back or slam doors. Instead, you can choose to forgive and let it go. With God's help, you can choose to control your temper and move on.

**This week, anytime you feel yourself getting angry with someone you live with, talk to God about how you feel. Ask for God's help to control your temper and respond in a healthy way.**

# DAY 7

## John 13:35 NIV

Family may be one of the most complicated things in this life! They're the people you come from or are stuck together with, for better or for worse. The good news? God didn't leave us to figure out all the complicated parts of family on our own. We have God's Spirit to help us and God's Word to guide us!

**As you find yourself navigating the good and the not-so-good parts of family this week, turn back to the verse for help! Use it as a prayer, asking God to be close to your family and help you love one another as God loves you.**

# DAILY DEVOTIONAL

FOR AN  
**everyday faith.**

STUCK TOGETHER / WEEK 2

MIDDLE SCHOOL

# DAY 1

## Psalm 145:18 NIV

Are you ever surrounded by family, yet still feel alone? Maybe it's because you feel like your parent doesn't get it, or your siblings just don't understand you, or the people you live with are completely different than you. No matter who you live with, it can still be easy to find ourselves feeling left out, alone, or misunderstood. The good news is that no matter what your family looks like or how you feel in that family, God promises to be with you. God is never far. And when we call on God, God promises to answer. Because of that, we can be confident that we're never alone.

**Today, talk to God. Tell God how you feel—the good, the bad, and everything in between. Ask God to remind you that God is with you!**

# DAY 2

## Matthew 7:3 NLT

When we're hurt, mad, or frustrated, it's easy to blame the entire thing on the person who caused us pain, right? Remember, nobody is perfect! So, rather than focusing our energy on what we want to fix in others, we'll do better to focus it on what we can do for ourselves. How can we become better friends, better family members, better people? Let's put our energy into what we can control (ourselves) rather than what we can't (other people).

**This week when you feel hurt, mad, or frustrated, go for a walk. On your walk, take some deep breaths and pray for the person you are frustrated with. Then, ask God for patience in how you respond to them.**

## DAY 3

### **Ephesians 4:2 NIV**

When it comes to our families, sometimes it's easy to think they'll never change—that what bothers us about them today will still be an issue tomorrow. But in Scripture, Paul, a leader in the early church, tells us to be patient with those we love. That means that instead of giving up hope that they'll change or things will be different, we can choose to be patient and loving as we trust God to do the rest.

**Share this verse with a trusted friend or small group leader this week. Tell them about something or someone in your family you're working to have more patience and love toward and ask them to help you remember this truth when you need it.**

## DAY 4

### **Colossians 3:12 NIV**

What's the comfiest piece of clothing you own? Maybe it's fuzzy socks, or a soft sweatshirt, or a t-shirt that you love. In the same way we can put on our comfiest piece of clothing, God asks us to clothe ourselves with qualities that bring that same comfortable feeling to the people around us. Compassion, kindness, trust, patience—choosing to have those things will not only make you feel better, they'll make the people around you feel better as well.

**So, the next time you feel anger, frustration, disappointment, or hurt, pause. Put something new on in its place! Pick just one quality on this list and focus on being more of that in your home or with your family this week.**

## DAY 5

### **Deuteronomy 16:11 NLT**

*Written by Kallie, age 21, from Gate City, Virginia, USA*

When I was just 10 years old my parents got divorced. Sadly, this situation is the truth and reality for many families today. It was difficult for me to understand why my family was being torn apart and broken down. It was not until I first read Romans 8:28 that I started to make sense of what God was doing. My family was and will never be perfect. But, Romans 8:28 promises that God will use my broken family and turn it into something beautiful. I can confidently say that God has. Your family does not have to be perfect for God to use it. Your life does not have to be perfect for the Lord to use you as a faithful servant!

**My challenge to you is to spend time memorizing this verse. Scripture is a powerful tool we can use to remember what God says is true. When you feel like your family is going through a difficult circumstance, pray this verse. When you feel discouraged, pray this verse. When you need to be reminded that God will use you and your family, pray this verse. Take time to remember what God says is true!**