

# DAY 6

Romans 8:28 NIV

When stress feels like it's coming from everything and everywhere, we lose perspective. We don't see how good can come from what we're going through. But what if God is always working? What if what you're going through is growing you? That doesn't mean God made this stressful thing happen, but it does mean God can use it.

**Take a minute to write down an example of something hard or stressful in your past that has actually resulted in some good today. Maybe you learned something, met someone new, or have confidence you wouldn't be where or who you are today without it.**

# DAY 7

Philippians 4:6 NLT

Let's focus on memorizing this verse. Because this whole week was about the way God uses other people to help us when we're stressed. Ask a friend, small group leader, parent, or sibling to memorize this verse with you. To make it even better, put something (like your favorite fast-food meal) on the line to help motivate you to practice memorizing this Scripture.

# DAILY DEVOTIONAL

FOR AN  
everyday faith.

EVERYTHING EVERYWHERE / WEEK 2

# DAY 1

Ecclesiastes 4:9-10 NLT

Asking for help comes naturally to pretty much...nobody. Whether we don't want to be a burden or we're embarrassed to let people know we're not okay, the result is holding a lot of stress in, which only makes it grow. But what if one of God's main ways to give us strength in our stressful circumstances is actually through others?

**Try texting two people before you finish this devotional. First, text a trusted friend or small group leader about a stressful circumstance you have going on, and ask them if they'd be willing to pray for you. Second, text someone else something encouraging, whether you know they're overwhelmed or not. When accepting help and helping others is a habit, stress loses.**

# DAY 2

Hebrews 10:24-25 NLT

Here's a foolproof plan to make sure stress is always overwhelming: fight it alone. Stress often grows because the things that cause us stress fill our schedule until we become distracted from the things that help relieve it. If you find yourself too busy for small groups or meeting with trusted friends and mentors, things will get more overwhelming before they get better—not because circumstances get worse, but because you are facing it alone, which always makes it harder.

**Today, put the time your small group or student ministry meets on a calendar on your phone. Whether you were already planning on attending or haven't been in months, make sure it's a priority to "not neglect meeting together." If you can't make it this week, make gathering with other followers of Jesus a priority this week in some way.**

# DAY 3

## Galatians 6:2 NLT

Have you ever been embarrassed by your phone going off in a public place? What if we saw stress more like a notification on our phone than a problem to solve? When your phone pings, you look at the alert. When we notice a stress notification going off uninvited, what if that was just an opportunity to look to Jesus rather than trying to ignore it? Stress highlights an area where we are overwhelmed and need some help, and Jesus is always willing to help.

**Today, share what's stressing you with a comforting person in your life. You don't have to navigate this alone, and being vulnerable in a safe relationship can bring immediate hope and relief.**

# DAY 4

## 2 Corinthians 12:9-10 NLT

Have you ever had a stressful situation stuck in your mind on repeat? It happens to all of us. Perhaps we're trying to fix it, control it, or maybe we're just afraid of it. Right now, we're going to ask you to do something that might be uncomfortable. Today, try asking God an open-ended question rather than making a request of Him. Simply ask God what's best for you to do next in your stressful situation; and then, wait. You probably aren't going to hear an audible voice (That would be intense.), but it does put you in a posture to listen to His ways rather than your own. Sometimes in the silence and the waiting we "hear" more than we expect. God can speak in the quiet as well, and it allows you to experience God's incredible grace and strength.

# DAY 5

## Psalms 23:4 NLT

*Written by Matthew, age 17, from Sanford, Florida, USA*

*Being a high school student is hard and often busy. Whether you are on a sports team, a member of a club, in a theater program, working a job, or dedicated to your studies, it feels like you are running from one thing to the next. At least for me, it does. When I'm running from one thing to the next, I typically get stressed and worried over the little things. I get so overwhelmed trying to do it all on my own.*

*But what if I told you this isn't how we were made to live; we don't have to live weighed down by the stress life throws at us. This chapter of Psalms is written as an anthem of worship to God for God's people, encouraging them to remember when they are walking through a scary, dark season of life, God is right beside them. We*

*can use this anthem to help us choose to not be stuck in fear because we know God will protect and comfort us as we walk through the trials in life.*

*God is beside us in all of our situations. When you feel stressed and worried, remember, "Even when I walk through taking a test in second period, picking a college, or running in a track meet today, I will choose to see God in all of my situations and remind myself of God's comfort and protection."*

**Today, remind yourself that God will keep you safe in seasons of worry and stress.**