

# DAILY DEVOTIONAL

## I Have Questions / Week 1

Then Jesus said, "Come to me,  
all of you who are weary and carry  
heavy burdens, and  
**I will give you rest.**

MATTHEW 11:28 NLT

### DAY 1

Let's be honest – there always seems to be those days where it seems like everything is collapsing around you and it feels as if the weight of the world rests upon your shoulders. I think we can all agree that we've felt this at some point in our life. And, it can be hard to know what to do when we are feeling this way, but this verse points out that we can come to Jesus in those moments and He will give us rest.

Jesus isn't scared when we bring Him the hard things we are experiencing, or heavy burdens as this verse describes it but rather He wants to help us carry those things and help take the weight off your shoulders. **This week take the hard things to Him instead of carrying them yourself.**

God is our refuge and strength,  
**always ready to help**  
in times of trouble.

PSALM 46:1 NLT

### DAY 2

Do you have a friend that you always call when things seem like they are going wrong and you just need someone to talk to? But then the one time that you really need them, they are in the middle of something and can't talk? Yeah, I think we've all had those moments or have been that friend to others.

The good news is that God is always ready to help us in times of trouble. Maybe that's through praying, journaling what you are feeling to God, or talking with a Small Group Leader. You can trust that God is going to be there to help you – regardless of what you are feeling in that moment. **This week if a friend doesn't answer your call remember that God is always available.**

So be strong and courageous! Do not be  
afraid and do not panic before them.  
For the Lord your God will personally go  
ahead of you. **He will neither fail you  
nor abandon you.**

DEUTERONOMY 31:6 NLT

### DAY 3

When things in our lives change without us choosing it, it can often feel like we are walking through a forest with a blindfold on, wondering what we might run into next. It can be difficult to know where to turn and how to cope with the extra stress that things brings in our life. Thankfully, God does not leave us in those hard times. In fact, He tells us that we can be strong and have courage to face difficult things because He has already gone before us and knows what's ahead.

God will walk alongside us, and bring others around to help support you, as you figure out what to do in those times. **The next time you are in a frustrating situation remember that you can be strong and courageous and look for the evidence that He is with you.**

Let your unfailing love **surround us**, Lord, for our hope is in you alone.

PSALM 33:22 NLT

#### DAY 4

When hard things are happening around us and we don't know what to do with what we are feeling, we can easily think only about that one thing and that one thing only. It can almost feel like the same song is playing on repeat and we just can't get it to stop. Something that can help us cope with these situations is to change what we are focusing on.

This verse is a perfect example of how we can choose to look to God in these situations. **Today remember that we can know that His unfailing love is around us and choose to hope in Him over our circumstances.**

In His kindness God called you to share in His eternal glory by means of Christ Jesus. So after you have suffered a little while, He will restore, support, and strengthen you, and **He will place you on a firm foundation.**

1 PETER 5:10 NLT

#### DAY 5

Think back to a time when you had an expectation and it didn't go the way you planned. Was it when you didn't get the spot on the team or your parents didn't let you do something you wanted to or that guy or girl didn't say yes to going on a date with you? There are times in our lives when things don't go the way we planned, and it can be hard to know how to deal with it.

In this verse, Peter is saying that life won't always go the way we want it to, but we can trust that God is faithful to help us walk through this and that there is a purpose for what you are going through. **This week try making a list of the ways you have seen God be faithful that can serve as reminder to trust Him when things don't go as planned.**

I know the Lord is always with me. **I will not be shaken**, for He is right beside me.

PSALM 16:8 NLT

#### DAY 6

Have you noticed that it is often easier to do things or cope with the things that are going on around us when we have the support of others? Whether they are physically there with us or not, having people that we can depend on to help us navigate life really does make a difference.

As you continue to learn how you can cope in healthy ways, you can be reminded that God is always with you. We can develop healthy habits with the strength that gives us so that we will not be shaken, as talked about in this verse. **Today, remember that you can trust that He will never leave you, regardless if you feel like you get it right or not.**

The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.

LAMENTATIONS 3:22-23 NLT

#### DAY 7

Name your alarm with this verse so that this is the first thing that you read when you wake up.