

# DAILY DEVOTIONAL

Trending: Coping / 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

Each of us has a limit. And when we reach it, we know we can't take any more of anything! So, what do we do when we hit our limit? Well, this verse tells us that in those moments, all we have to do is turn to God. God doesn't expect us to do anything but come to Him. He knows when we are exhausted, and all He wants from us is to share what's on our hearts and minds. When we do, He promises to carry the load and give us a break. Today, make a list of anything weighing you down. Ask God to help you carry whatever is making you hit the limit. Pray for His rest.

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

Psalms 46:1 NLT

## DAY 2

Depending on where you live, there are different natural events that you've got to worry about. In some areas, it's wildfires, earthquakes, or tsunamis. For others, it's tornados, hurricanes, or derechos. No matter which event may happen near you, we're always trained to find safety when the trouble comes. This verse tells us that when life brings troubles, God is a safe place for us to run. He gives us strength and the ability to stay standing through whatever comes our way. One of the ways God provides that safety is through other people. Today, find a trusted adult to talk through any of the things in life that worry or scare you. Ask them to help you deal with those things in a healthy way.

*"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

Have you ever seen a person stand up for someone else? Usually when that happens, they put themselves between the danger and the person they are defending. That's exactly what God does for us! Whenever life tries to hit us hard, God steps up to defend us. That means that whatever comes our way, we can know that God is standing there with us. We don't have to face it alone. So, whatever you're dealing with—school, family, drama with friends, bullies, isolation, depression, or anxiety—know that God is ready to deal with it, too. Take a moment to pray and ask God to give you strength and courage for what you're dealing with. Then, remember that He is right there with you.

<p><i>“Let your unfailing love surround us, Lord, for our hope is in you alone.”</i></p> <p>Psalm 33:22 NLT</p>	<p><b>DAY 4</b></p> <p>What's the most comfortable place you've ever taken a nap? Your bed? The couch? Surrounded by pillows and comfy blankets? Being surrounded by God's love can feel a lot like that! It's a warm, cozy, and safe space. A place where you never have to feel alone. When you experience God's love, you can share that same feeling with those around you. Think of one person that might be going through a difficult time. Someone who might need to feel surrounded by love. Whether it's an encouraging message, a small gift just because, or simply taking a moment to spend time with them, figure out what would show that kind of love to them. Then, make a plan to do that this week!</p>
<p><i>“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.”</i></p> <p>1 Peter 5:10 NLT</p>	<p><b>DAY 5</b></p> <p>In the Bible, God promises us that difficult things will not last forever. He says that when we go through hard times, there are always better days ahead. Better days where bad situations don't completely break us. Days where we find support when we feel like we can't handle everything. Days where life doesn't feel like it's falling apart. In other words, God promises that things will get better in His time. In the next 24 hours, go outside and pick out a rock from the ground. Use a marker to write this verse on it. Let it remind you that no matter what difficult things happen, God's going to ultimately put you back on solid ground.</p>
<p><i>“I know the Lord is always with me. I will not be shaken, for he is right beside me.”</i></p> <p>Psalm 16:8 NLT</p>	<p><b>DAY 6</b></p> <p>Every once in a while, we learn something new at school. And often, we forget that we know it until we need to use it on a test or to accomplish a task. Well, the same is true for Scripture. We might have learned that God is always with us, but that isn't always in the front of our brains. But when we need it? When we need to be reminded? Well, that's when God speaks and tells us He is with us. That's when His Word comes back to our minds. Today, use a dry-erase marker to write Psalm 16:8 on a mirror so that you'll have a constant reminder that God never leaves you.</p>
<p><i>“The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.”</i></p> <p>Lamentations 3:22-23 NLT</p>	<p><b>DAY 7</b></p> <p>Memorizing Scripture is like carrying an invisible first aid kit with you at all times. When things get messy, it gives you the tools to take care of and handle whatever comes your way. Although it won't magically change your situation, it can help you react to or handle your circumstances in a more helpful way. To memorize this passage, time yourself! Try to say as much of the verse by memory as quickly as you can. Make it a goal to work up to saying the entire thing by memory without help!</p>