

# Daily Devotionals

FOR AN  
**everyday faith.**

## GET OUT OF MY MIND / WEEK 2

HIGH SCHOOL

*I take joy in doing your will, my God,  
for your instructions are written  
on my heart.*

PSALMS 40:8 NLT

### DAY 1

Have you ever treated God's instructions for your life like an old instruction manual? As soon as the manual gets challenging to understand or tells you something you don't want to hear, you toss it aside and try to do it on your own. We've all been there! Remember that the Bible is not a list of rules and requirements designed to frustrate or confuse you, but a gift from God—a set of instructions to help you live a better life. **Today, spend just five minutes reading your Bible. It's a great way to start a habit of learning more about God's plans for a fulfilling life.**

*For God is working in you,  
giving you the desire and the  
power to do what pleases him.*

ROMANS 8:39 NLT

### DAY 2

Sometimes doing the right thing is hard. While we all may *want* to do what's right, sometimes we feel powerless to do it on our own. Choosing what's right can be a constant struggle, but God hasn't left us to face the struggle alone. When we're fighting to stay on the right path and make the right choices, we can rely on God to help us. He's at work in you! **Remember this week as you strive to make good choices that your life is a reflection of God's work in you.**

*He renews my strength. He guides  
me along right paths, bringing  
honor to his name.*

PSALMS 23:3 NLT

### DAY 3

Sometimes doing the right thing can feel like the loneliest place to be. When everyone else is doing something we know isn't right or is unwise, simply knowing that that thing is wrong isn't always enough to make us feel any better about saying no. It's easy to feel like you are the only one missing out, and when we feel that way, it sometimes makes us feel that doing what's right may not be worth it after all. Remember that God promises to give us the strength to do the right thing and stay with us as we do. Because of Him, we'll never be alone. Pray that God would remind you of His presence as you seek to make wise choices, even when it feels like you are doing it alone.

<p><i>Because he himself suffered when he was tempted, he is able to help those who are being tempted.</i></p> <p>HEBREWS 2:18 NIV</p>	<p>DAY 4</p> <p>Life feels like a mess when we give into temptation. Maybe that's because giving into temptation comes with feelings of guilt, shame, and regret. Sometimes it even feels like there's no way out. If you've found yourself feeling that way, don't be discouraged. God offers forgiveness to all of us. His help and strength are there to give us a way out. Plus, God's given us people who love and care about us to help us, too! <b>Talk about the struggles you've faced with temptation with someone you trust, someone who is wise. Ask them to help you as you work to resist temptation in your own life.</b></p>
<p><i>Look straight ahead and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path.</i></p> <p>PROVERBS 4:25-26 NLT</p>	<p>DAY 5</p> <p>Have you seen those videos of people who are so into their phones that they don't see what's right in front of them? They usually end up flat on their faces because they weren't looking where they were going. That's what happens when we take our eyes off of where we're headed; we trip or fall. That's why God says to focus on Him and the path He's marked for us. When we do, we can have peace knowing we're moving in the right direction. And even if we trip or fall, He'll be there to pick us back up. Today, thank God for always being there to keep us on the right path.</p>
<p><i>I have hidden your word in my heart that I might not sin against you.</i></p> <p>PSALM 119:11 NIV</p>	<p>DAY 6</p> <p><b>Written by Maria, age 17, from Fort Worth, Texas, USA</b></p> <p>In today's world, it can be easy to give in to temptation. It's easy to follow the crowd, even when they are making unwise choices that lead to painful consequences. Of course, our mistakes don't define us, but as followers of Jesus we should use our lives to show how the love of God has transformed us for the better. By accepting the strength that God gives us and remembering His words, we can overcome temptation and display our love for Him. While we may miss out on temporary happiness when we don't give in to temptation, we know that following God leads to a fuller life with unlimited love, hope, joy, and peace. No matter what temptations we face, we are strong and have the power to resist them with the help of God. This week, I encourage you to focus on overcoming the things that tempt you so that your life can show the goodness of God and how He can work to transform lives!</p>
<p><i>Create in me a clean heart, O God. Renew a loyal spirit within me.</i></p> <p>PSALM 51:10 NLT</p>	<p>DAY 7</p> <p>Screenshot the verse and use it as your phone lock screen so you can see it every time you look at your phone. Be intentional about reading the verse out loud before you unlock your phone.</p>