

# Daily Devotionals

FOR AN  
**everyday faith.**

GET OUT OF MY MIND / WEEK 4

HIGH SCHOOL

*But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.*

1 JOHN 1:9 NLT

## DAY 1

Have you ever wanted to say “I’m sorry” but felt like the words were trapped inside your head? Sometimes the hardest part of getting back on track is finding the words to admit where we were wrong... and then finding the courage to speak them to the one we’ve wronged. The good news is, when we go to God and own up to the ways we wronged ourselves or others, we don’t have to guess what his response will be. He is always fair and always committed to erasing our sin, cleaning us up, and setting us free to go and live better. **If there are areas in your life you want to get back on track, talk to your small group about the changes you want to make.**

*Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!*

MATTHEW 26:41 NLT

## DAY 2

You may have noticed something about you now is much different than when you were a little kid. Before you were just living life. Now, you’re aware of the growing number of decisions you get to make. With that awareness also comes an awareness of a pull between what you-your-spirit-wants (wise decisions that honor God), and what you-your human nature-wants (unwise decisions). When they don’t quite agree, giving in to temptation becomes the easy choice if we’ve let our guard down or live disconnected from God. We can start to rely on our gut impulses instead of the wiser decision-making skills that come from being connected to God. Luckily, we aren’t left to figure it out on our own. Matthew tells us to keep watch, stay aware, and pray; connect to God regularly, and we will be able to resist temptation.

<p><i>The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.</i></p> <p>PSALM 28:7 NLT</p>	<p><b>DAY 3</b></p> <p>When's the last time you burst into song? When's the last time someone did something for you and your response was overwhelming gratitude? When we feel left to look out for ourselves or when we feel weak and vulnerable, there is no greater feeling than someone coming to our rescue, to lend us their strength and to cover us with their protection. God comes to our rescue in this way, sometimes through his Spirit comforting us when we truly are alone. Sometimes it can be in the form of a friend who always has your back, a parent who pays for something you didn't have the money for, or a leader who encourages you in a way that reminds you you're not alone. When God helps us, through the people around us, our reasonable response is joyful thanksgiving. <b>This week, try thanking someone who has been an example of God's strength and help in your life.</b></p>
<p><i>You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock.</i></p> <p>ISAIAH 26:3-4 NLT</p>	<p><b>DAY 4</b></p> <p>Have you ever seen a tightrope walker attempting a crazy feat of crossing a deadly cliff? Their focus isn't on the cameras watching, the distance below, the audience or even their surroundings. Their focus is fixed on the end goal. The many distractions, stressors, temptations, and demands on our schedules can overwhelm us, clamoring for our attention. God knew this and provided a better option. God promises perfect peace when we really stop to focus on him. Perfect peace doesn't always look like every problem being instantly solved. Perfect peace looks like having Someone to put our trust in instead of trying to take on too much at once. Perfect peace looks like taking a rest from the striving and questioning and worrying as we place our trust in God, taking our worries to the one bigger and wiser than us. The one who has greater perspective over all that is happening in our worlds.</p>
<p><i>Show me the right path, O Lord; point out the road for me to follow.</i></p> <p>PSALM 25:4 NLT</p>	<p><b>DAY 5</b></p> <p>There are so many paths in life. When it comes to temptation, we always have more than one option, and it can be hard to choose the right path. There are even some paths we can talk ourselves into believing are right when they actually lead to a place that is not beneficial. What if instead of hoping to see the whole journey and the destination, we got in the habit of asking God "What's the next right step?" He will show us both our next step and when to get off a path that we are on. We can trust God to point us in the right direction and to walk with us as we go.</p>

<p style="text-align: center;"><i>Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds.</i></p> <p style="text-align: center;">JAMES 1:2 NIV</p>	<p><b>DAY 6</b></p> <p><b><i>Written by Zyria, age 17, from McKinney, Texas, USA</i></b></p> <p>Have you ever felt hopeless, tired, beat, and drained? When we feel this way it is easy to become discouraged by the lies and distractions of the enemy. It is tempting to repay evil with evil, or unkind actions with unkind actions. Sometimes we want to give up and stop trying because we feel unseen or misunderstood. That's how I felt a few summers ago when I opened my Bible and found James 1:2-5. These verses restored my source of strength, and I received a new perspective full of hope.</p> <p>Each one of us is going to experience suffering and hard times in this broken world. There's no way to avoid it. When the pain of our circumstances or decisions leave us wrestling with temptation-feeling hopeless and worn out-we can <i>celebrate</i>. We can rejoice, knowing for a fact that we are in a unique position with an opportunity to <i>grow</i>. While that doesn't make experiencing pain less difficult, it can serve as an encouragement to keep going.</p> <p>Are you in the middle of something really hard? Good can come from it! "The testing of your faith produces perseverance," thus giving you the opportunity to mature. To become wiser and stronger in your faith. How exciting is that?</p>
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<p style="text-align: center;"><i>Create in me a clean heart, O God. Renew a loyal spirit within me.</i></p> <p style="text-align: center;">PSALM 51:10 NLT</p>	<p><b>DAY 7</b></p> <p>Write the verse on an index card or small piece of paper. Flip it over and try to repeat the verse from memory. Keep practicing until you can say it all of the way through without looking.</p>
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