

DAY 6

1 Peter 5:7 NLT

Remember, when it feels like you're carrying the weight of stress, worry, and anxiety, God is caring for you. Draw a circle on a piece of paper or an app on your phone. On the inside of the circle, write down the stressful things you can do something about. Maybe it's a homework assignment you need to do or someone you need to apologize to. Then, outside of the circle, write down the things you're worried about that you cannot control. If you sit long enough, what's outside the circle will be larger than what's inside.

Today, focus on taking the next small step towards addressing what's inside the circle, and then give all those worries outside to God because He cares for you.

DAY 7

Philippians 4:6 NLT

Over the next two weeks, we're going to memorize this verse. We want this truth to travel eighteen inches from our heads to our hearts. When stressful situations arise, we want prayer to be a reflex, not an obligation. Let's start this week with the first sentence. Because it's eight words long, set a reminder on your phone daily for 8:08 AM or PM, whichever is a better time for you, and read the first sentence out loud eight times—which should take about 30 seconds. You've got this!

DAILY DEVOTIONAL

FOR AN
everyday faith.

EVERYTHING EVERYWHERE / WEEK 1

DAY 1

Psalms 55:22 NLT

Have you ever done a final set in the gym, dropped the weight, and felt immediate relief? Or even just let down something heavy you carried around the house? Now imagine the relief from dropping the emotional and mental weight of a worry you may be carrying around. What if the heavy thing weighing on you could be handed to someone who can help you carry it?

Today, find a space where no one can hear you, and say out loud, "God, I trust you with _____ and I am handing it to you." Say the name of the situation, person, etc. in the blank. Then, just notice how you feel. Chances are, even for a moment, the weight got lighter. What might happen if that became a regular habit?

DAY 2

Isaiah 41:10 NLT

When the stress of life consumes us, we lose perspective and can't see beyond what's causing us stress. As it blocks our vision, we also can't see anyone willing to help, making us feel more and more lonely. Often, the loneliness is worse than the stress itself. But what if we are never actually alone? Isaiah says the reason we don't have to be afraid is not because the fear isn't real... but because we aren't alone in it.

Today, grab one small object around your home, keep it in your pocket, purse, backpack, etc., and let it be a symbolic reminder that you are not alone.

DAY 3

John 16:33 NLT

Sometimes, we think feeling stressed means there's something wrong with us. But what if it means we're just... alive? Jesus promised we will have trouble in this world. He did. And we will too. But part of what allows us to "take heart" as this verse says, or have hope and courage amid stressful circumstances, is the reality of what Jesus promised: He has overcome the world. Meaning all of the stress and trouble and anxiety we face doesn't get the last word. Jesus does.

Today, write down one promise Jesus has made about your future (if you have to google, that's okay!). This perspective can make what we're carrying today just a little lighter.

DAY 4

Matthew 6:26-27 NLT

Did you know that of all the living animals in the world... humans are the only ones with a brain that gets stressed about something that hasn't happened yet. Seriously. Jesus points out that God provides for the needs of birds and animals and insects; so why wouldn't He provide for you too?

Today, take a walk outside. As you do so, look around you—and start counting things living without stress, but that God still cares for. Count plants, trees, birds, animals, you name it, and see how high you can get. At the end of your walk, be sure to count yourself too.

DAY 5

Psalms 62:1-2 NIV

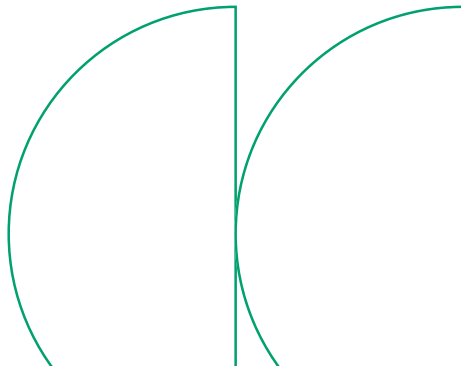
Written by Zachary, age 26, from Scranton, Pennsylvania, USA

I need to rest with God when I get angry inside. Sometimes I want to be rude to other people, so I ask God to help me. I find rest by going into my room and being by myself while I write songs about God. God always finds a way for His heart to go to other people. God is so powerful and is always with us.

God is my rock means that God is tough because He listens to our problems without breaking. God is someone we can trust and talk to because He is safe like a family.

Today, challenge yourself and write a song about God. I do this all the time because I need God to help me and guide me through the darkest moments and I need Him in my life because I love Him. When I sing my songs to God,

He always listens to me, and God will listen to you too!



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

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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.

DAY 6

John 14:27 NLT

If tomorrow was your birthday, what's making the top of your wishlist? Shoes or clothes? Money or gift cards? A video game? It would be great if you got all of that and more. But what if Jesus has already given us the greatest gift we could want? We think whatever thing we get can make us at least a little happier. There's nothing wrong with that, but peace of mind and heart don't come with any object. What if Jesus wasn't exaggerating here, and we really can't find that gift anywhere but in Him? Nothing and no one can take that reality away from us. Let's be thankful, that because of Jesus, we find everything our heart desires.

DAY 7

Philippians 4:6 NLT

Now let's put the whole thing together! Because this is verse six, challenge yourself to put it in six places you'll see it throughout the day. For example, set it as your phone's screensaver, use it as a bookmark in a textbook, place it on a mirror or dashboard, etc. At the end of the week, try to write the whole verse out without looking at it! Then, write one thing you need from God, and one thing you're grateful for.

DAILY DEVOTIONAL

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EVERYTHING EVERYWHERE / WEEK 3

DAY 1

James 1:2 NLT

Imagine it's one month in the future, and you are happy almost always. What changed from today? For most of us, we probably pictured less stressful circumstances. It's normal to think things outside of us need to change before we can be happy. What James says here changes everything, because he says everything is an opportunity for joy. Meaning, it doesn't depend on circumstances at all. Whatever the circumstances, joy is possible.

Today, make a short list of reasons you can be joyful regardless of difficult circumstances happening around you.

DAY 2

1 Thessalonians 5:16-18 NLT

By definition, when we're experiencing stress, our minds are consumed with the hard things of life. It doesn't mean the good things have stopped, just that we have stopped focusing on them. Stress overtakes us. One of the best tools to navigate stress is to cultivate gratitude.

Right now, set a one-minute timer and write down as many things as you can think of you are grateful for. For bonus points, try to make this a daily habit!

DAY 3

Matthew 6:34 NIV

Have you ever had someone tell you not to worry? It usually isn't all that helpful... and it may even make you mad. It feels like the person saying it doesn't understand us—they're not in it with us. They are just trying to fix something instead of experiencing something alongside us. Jesus is different though. He knows you better than you know yourself. And His entire objective in coming to earth was to assure us He is always with us. He's definitely for you. When He says to choose not to worry, it's because He cares for you and knows worrying is not helping you.

Is there anything on your list of worries that you can't do anything about today? Take a minute to pray and tell God you're trusting today and tomorrow to Him.

DAY 4

Psalms 94:19 NIV

Throughout the Bible, we find all kinds of real people who get us. The author of Psalm 94 knew what it was like to experience great stress and anxiety, and he was vulnerable about it. So vulnerable in fact, that now anyone with a Bible knows he was stressed and overwhelmed. He also discovered the secret to feeling joy in the midst of it—the consolation or comfort of God. With God's comfort comes joy, or this sense of being content through the ups and downs of life.

Today, set a reminder for a time that is good for you to pray and talk to Jesus about where you need strength and joy.

DAY 5

1 Peter 5:7 NLT

Written by Natalie, age 16, from Winter Park, Florida, USA

Have you ever, on a sleepless night, opened up your window and gazed at the stars? After squinting at their twinkling multitudes, it's easy to be filled with wonder, yet strangely out of touch. How can such beautiful, humongous, fiery forms appear so tiny from our view of Earth? With the naked eye, we can only see a very small fraction, about 0.0000045%, of the stars in our galaxy. Moreover, the light we do see, due to its incredible speed, is actually from the past!

The other evening, I found myself sitting under the stars, worrying about the future. High school is not easy. Homework, friend groups, social media, the "big game," exams, college applications...these stressors seem to lurk at every corner. In the moonlight, I decided to

pray and give my cares to God, just as the author of 1 Peter advises. That night, God sent me two shooting stars. The first reminded me of His care, and the second delivered a comforting message: the same God who holds the stars in place also holds our future in His hands. Though we may only be able to see a fraction of His grand plans, merely a preview of the light ahead, we can find peace by confiding in Him.

This week, whenever you feel stressed about the future, spend some time in prayer, entrusting your cares to the God who genuinely cares about you.