

DAILY DEVOTIONAL

Trending / Anxiety

WEEK 1

GOD GIVES US THE TOOLS TO HANDLE ANXIETY.

“Anxiety weighs down the heart, but a kind word cheers it up.”

PROVERBS 12:25 NIV

DAY 1

Have you ever had a really bad day where nothing seems to go your way? Your alarm doesn't go off, you don't have any clean clothes, and you miss the bus. Days like that are the absolute worst! The next time you're dealing with a difficult day, try to shift your focus to find the positive. Maybe it's a friend being kind, or a treat your parents left you at home, or even just a sunny day. While it won't change your circumstances, shifting your focus toward the good will go a long way in helping get through a bad day. Make a list this week of the positive things you have going on in your life. Use it to remind yourself of the good the next time you're struggling through a tough day.

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

ROMANS 8:28 NIV

DAY 2

Do you ever feel like there just aren't any good things happening in your life? Your parents are fighting, there's drama in your friend group, you didn't make the team, and you can't seem to pass that science test. Honestly, we've all struggled to get past the sadness or anxiety that comes with hard seasons of life. But remember that God is always working. He's working for good in your life. The next time you're struggling through a time in life where nothing feels good or right, remember that God is with you, for you, and working for your good. Take time this week to share a few of the ways you see God working right now with a trusted friend or Small Group Leader.

“In their hearts humans plan their course, but the Lord establishes their steps.”

PROVERBS 16:9 NIV

DAY 3

It’s easy to make plans for the future. Whether it’s what we want to do this weekend, what classes you need to take at school, or what you want to be when you grow up, there’s something in us that’s always planning our next steps. But what the author reminds us here is that it’s God who will ultimately direct our steps. And the more we spend time with Him, the more our plans for the future will be shaped by Him. So as you look ahead to the future, remember that you don’t have to worry about what’s next. If you’re walking with God, He will guide you. Who’s a trusted adult in your life? Ask them today about how they’ve trusted God to guide their steps and shape their plans.

“Cast all your anxiety on him because he cares for you.”

1 PETER 5:7

DAY 4

Gym class dodgeball—we’ve all played it, right? If we have, then we all know that guy—the one who throws the dodgeball as hard as he possibly can! He tosses it with every ounce of strength he has. The word “cast” that Peter uses here is similar to the way that guy throws a dodgeball. And in this case, it’s a good thing! God cares for us so much that He wants us to not just hand our anxieties and stresses to Him; He wants us to hurl them with all our might! When we do, He takes them on and carries the weight of our worry so we don’t have to anymore. What anxiety or stress do you have in your life? Cast them on God in prayer this week.

“Come to me, all you who are weary and burdened, and I will give you rest.”

MATTHEW 11:28

DAY 5

Middle school can be tough. With all the pressure you have from school, friends, family, sports, and other activities, the stress can be pretty overwhelming. That’s why it’s important to find time to rest—to put down the weight of your stress and anxiety. That’s exactly what Jesus is talking about in this verse. He wants us to rest in Him. Simply finding peace with Jesus will go a long way in helping you get through the day-to-day stress that is middle school! Take a few minutes today to rest with Jesus. Read your Bible, listen to music, go for a walk, or write in your journal. Simply spend time with Him without any distraction, and watch how it helps ease the stress in your life as you do.
