

Daily Devotionals

FOR AN
everyday faith.

HABITS / WEEK 3

MIDDLE SCHOOL

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.

PHILIPPIANS 4:6 NLT

DAY 1

Worry seems to be a natural part of life, doesn't it? When you feel worried about homework, or friendships, or things happening in your family, what is your first response? Do you ignore it? Talk with a friend about it? Try to stuff it down? Get angry? The Bible reminds us that the best first step for when we feel worried is prayer. When we take our worries to God and tell Him what we need, it may not make it go away, but it certainly makes the worry easier to manage.

Ask a friend or small group leader to help you notice when you're worried this week. Have them encourage you to go to God in prayer, making it a habit for how you handle your worries.

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 THESSALONIANS 5:16-18 NLT

DAY 2

Never stop praying. How do we *actually* do that? We can't have our heads bowed and eyes closed all day, right? Well, that's not exactly what this verse means. The writer is encouraging us to keep prayer on our minds all the time. To make it a habit—an everyday part of our faith! When we're moving throughout our days, we can go to God in prayer often. Tell Him you like the family He placed you in. Let Him know you need help being kind to the person who isn't kind to you. Ask Him for the courage to finally try out for the team. **Find a simple way to make connecting with God through prayer a habit every day.**

Devote yourselves to prayer with an alert mind and a thankful heart.

COLOSSIANS 4:2 NLT

DAY 3

Staying focused when you're praying can be tough! We all lose focus from time to time.

What can we do to help ourselves stay connected with God in prayer? **Try this: Choose a word that reminds you of God.** Maybe it's something like joy, faithfulness, or strength. Use that word to start your prayer. And anytime your mind starts to drift toward your homework, or your hungry stomach, or what's on TV that night, say that word out loud to help your mind get back on track. **Make it habit to connect with God in prayer by focusing on just one word that reminds you of who He is.**

<p>You can pray for anything, and if you have faith, you will receive it.</p> <p>MATTHEW 21:22 NLT</p>	<p>DAY 4</p> <p>Are you praying big prayers? God wants to give us way more than we can ever ask or even imagine, and that's a pretty amazing promise! Yet so often, we don't think to go to God with big requests, big promises, or big appreciation. What big things would you like to do for God? What big things do you hope to see God do in your life? What big things are you thankful for? Don't hold back in taking your biggest and boldest prayers to God.</p> <p>Write this verse down today and place it somewhere you can see it. Let it serve as a reminder of the big things God wants you to bring to Him in prayer.</p>
<p>Rejoice in our confident hope. Be patient in trouble, and keep on praying.</p> <p>ROMANS 12:12 NLT</p>	<p>DAY 5</p> <p>When life feels hard, challenging, or overwhelming, we can find encouragement from verses like this one. As Paul reminds us here, we can have hope and find patience when we're struggling if we keep on praying. When we make prayer an everyday part of our lives—in the good and the bad—we can find what we need to get through each and every day with God's help and hope.</p> <p>Connect with a trusted friend, family member, or small group leader this week. Let them know what's going on in your life and ask them to pray both with you and for you. As you pray together, remember the hope that only God can give.</p>
<p>For God says, 'At just the right time, I heard you. On the day of salvation, I helped you.' Indeed, the "right time" is now. Today is the day of salvation.</p> <p>2 CORINTHIANS 6:2 NLT</p>	<p>DAY 6</p> <p><i>Written by Rosemary, age 20 from Mechanicsburg, Pennsylvania, USA</i></p> <p>When you're in a relationship or a friendship with someone, you keep in touch with them, right? When they text you, you respond, and when they ask to hang out with you, you say yes. When Jesus died on the cross for our sins, He made it so that we could have a real relationship with God. Our relationship with God requires a commitment and time, just like our relationships and friendships with other people. The only difference is that the way we talk with God isn't the same as the way we talk to others.</p> <p>Instead of responding back to His texts, we can talk to God through prayer. Instead of hanging out with God at the mall, we can spend time getting to know Him by reading our Bibles. We can get to know God more through all of these things!</p> <p>Right now, think about your week. When will you spend time with God? How will you do that?</p>

*Go to the Lord for help; and worship him
continually.*

PSALM 105:4 GNT

DAY 7

When we aren't sure what to say or how to pray, Scripture can help us find the words. We can use verses like this one as prayers to talk to God. This week, let this verse guide you in prayer. Say it as a part of your prayers to God every day. As you do, work on saying more and more of it from memory. The goal is not only to memorize this verse, but to use it as a way to connect with God through prayer.