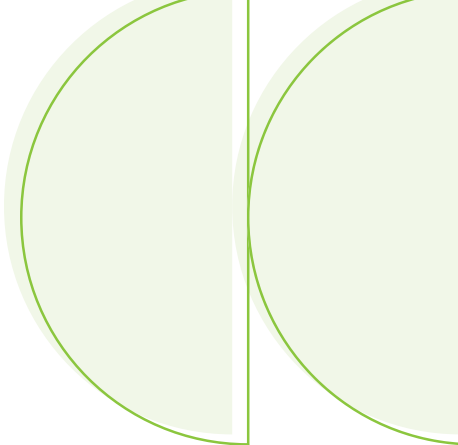


**Jesus Christ is the same yesterday, today, and forever.
Hebrews 13:8 NLT**

So, to make sure this verse is in your mind to encourage you when you need it, work to memorize it with your friends. Challenge each other to be able to say it from memory. If you all can do it, celebrate the win together!



FOR AN
everyday faith.

MIDDLE SCHOOL

So today, thank God for the never-changing, good plan for your life.

DAY 3

**Think about the things of heaven,
not the things of earth.**
Colossians 3:2 NLT

Think back to the last time someone did or said something that hurt you. Maybe it was a friend who shared a secret, or a coach who didn't pick you to be on the team, or a parent who spoke harshly to you. No matter what happened, you were left dealing with some pretty painful feelings. Maybe you even found yourself asking questions about how the relationships would change or what would happen next. That's a lot of unknown, isn't it? Paul reminds us in today's verse that we can find peace when we look away from the problems we have presently and toward the things God gives us that will last—things like faith, hope, and love.

Today, ask God to help you remember these important, lasting things.

DAY 4

**I took my troubles to the Lord; I
cried out to him, and he answered
my prayer.**
Psalms 120:1 NLT

When was the last time you cried out to someone? Maybe even God? So often, we want to hold in our emotions. Maybe we think it's a sign of weakness, or that we'll get made fun of, or that nobody cares. However, crying out is a completely normal and even healthy way to express our feelings. When things are scary or unknown in our lives, we can choose to keep our fear and anxiety inside, or we can choose to take them to God. When we cry out, God promises to hear us and be with us, and that will help us more than anything else!

**Memorize this verse, so you remember
to cry out to God, who will strengthen
you and help you when things are
unknown.**

DAY 5

**Whatever is good and perfect is a
gift coming down to us from God
our Father, who created all the
lights in the heavens. He never
changes or casts a shifting shadow.**
James 1:17 NLT

Presents. Gifts. Wrapping paper. Bows. Remember a time when someone gave you a gift? It could have been your birthday, or maybe on Christmas, or just for a special surprise. Even if what was inside was unknown, you were probably certain of one thing: It was going to be good. God loves to give us gifts, too. And even if the gifts God gives us are unknown at the moment, because we know God, we can be certain of one thing: They're going to be good. In fact, God can even use you to be a gift to others.

**So today, think of someone in your life
that needs some encouragement. Send
them a text or DM as a way to brighten
their day!**

DAY 6

**Trust in the Lord with all your
heart; do not depend on your own
understanding. Seek his will in
all you do, and he will show you
which path to take.**
Proverbs 3:5-6 NLT

*Written by Alyssa, age 15 from Clearwater,
Florida, USA*

Change is always hard. In this world we see change all the time and some of that change is not comfy. It disturbs our life and can make things really difficult. The future can be a very uncertain thing and that can be stressful or even scary at times. It can feel like this big, looming shadow that keeps following you. I had a big fear of the future at one point. Thinking about it was scary; it felt so uncertain. Then, I realized that God is bigger than anything I'd face in the future, so I didn't have to be scared. When we choose to trust God in all we do, God will show us where to go in life. We may not always know what's coming next, but because God is always good and only wants what's best for us, we can trust God when we go through times that are uncertain.

**Think about one change happening in
your life right now. How can you choose
to trust God even when it might feel un-
certain? Write your thoughts below.**