

# DAY 6

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.” (John 6:35 NIV)

Have you ever gotten so hungry that you become hangry? Like this rage that will only be satisfied by raiding the fridge. We aren't satisfied until our appetite is met. Just like our physical needs for food and water, we also have an emotional appetite and emotional needs we want to be met. We crave things like acceptance, significance, worthiness, and love. And when we're wanting those things, we tend to run to anything and everything to fulfill them. But Jesus says when we go to Him, He can provide everything our soul will ever need. Jesus, God in a human body, is Who can provide everything we're longing for at the core of who we are—purpose, love, meaning, and so much more!

**Today, try to identify what needs in your life you're trying to satisfy apart from Jesus. Think about where you turn for fulfillment and why. And then, go to Jesus. Take a step to begin to go to Jesus with those needs. Even though life won't automatically be easy, Jesus promises to give you life and life to the full (John 10:10)!**

# DAY 7

Your word is a lamp for my feet, a light on my path. (Psalm 119:105 NIV)

When we memorize scripture, it gives us an opportunity to reframe the way we think, which can impact the way we live.

**Today, set three alarms on your phone to remind you to stop and recite this verse to yourself throughout your day. Remember that the Bible can help us walk through life with wisdom and a better perspective on what it means to live life the way God created us to.**

# DAILY DEVOTIONAL

FOR AN  
everyday faith.

TABLE OF CONTEXT / WEEK 4

## DAY 1

Hold on to instruction, do not let it go; guard it well, for it is your life. (Proverbs 4:13 NIV)

Has someone told you what to do and all of a sudden you feel this deep frustration, annoyance, and maybe even anger? It is pretty common as most people don't like being told what to do, especially if it isn't polite. Why does this happen though? Because in our minds, we think we know what's best and don't want to feel bossed around. The reality is, we don't always know what's best. None of us do. We simply don't know what we don't know. That's why it's so important to open ourselves up to input, wisdom, and advice from others—people who may know more or know better than we do right now. The more we invite others to speak truth into our lives, the less regret we'll experience.

So rather than growing defensive and stiff-arming advice from a parent, teacher, coach, friend, or even the Bible, seek it out. Embrace it and apply it to your life.

**Today, ask a caring adult what advice they would give you (or to themselves when they were your age).**

## DAY 2

You will seek me and find me when you seek me with all your heart. (Jeremiah 29:13 NIV)

Our connection with God can get a little tricky, especially since we don't visibly see God. We are more likely to trust what we can see. If we're honest about our faith, sometimes not seeing God makes it difficult to really feel like we're connecting with God. We ask ourselves these questions: How do we know God's listening? Will God ever speak back? How do we know God's really there? Well, here we have a promise that if we seek after God with our whole hearts, we'll find God.

If you want to see God at work and hear from God, sometimes you need to find a quiet place and hold space for God. In fact, this is something Christians have practiced for a really long time. Sitting in quiet and reflecting on who God is or the ways God is working in your life can be one way to look for God. You can also dive into the Bible and ask God to talk to you through its stories and wisdom. You may not see or hear God visibly or audibly, but when you're intentional about looking for God, you realize God is at work in your life and around you all the time.

Continued from Day 2

**Today, take time to intentionally seek God. Practice hearing God through Scripture and looking for God in the world around you.**

## DAY 3

**Give me understanding, so that I may keep your law and obey it with all my heart.**  
(Psalm 119:34 NIV)

Imagine you could get anything you asked for! What do you think you would want? God promised an Israeli king, King Solomon that anything he asked for, God would provide. What did King Solomon ultimately ask for? Wisdom. He could have asked for anything, but he asked God for wisdom and understanding. You know what that tells us? Wisdom and understanding are valuable. We can all probably think of bad decisions we regret—decisions where we wish we'd had more wisdom. The good news is that just like Solomon, if we ask God for wisdom, God will give it to us. If we go to God for understanding, God will provide it.

**Today, start asking God for wisdom and understanding and talk to a caring adult (like your Small Group Leader or Pastor) about how you can apply God's wisdom in your everyday life, then pray to God sharing why you feel that way.**

## DAY 4

**He set the earth on its foundations; it can never be moved.**  
(Psalm 104:5 NIV)

Did you know the Earth travels 67,000 mph around the sun? And that the sun is just one of at least 100 billion stars in the Milky Way Galaxy alone? And beyond that, there are an estimated 100-200 billion other galaxies? What's the point of all these facts? Well, it is pretty awesome that the very same God who created all of that, designed and loves you, too. Let that sink in for a moment. God created every piece of the universe and the world around us. God is big. God is powerful. And still, God loves each one of us individually. It can be comforting to know that while God has all this in control, God holds a special place just for you.

**Today, look up a YouTube video of our galaxy or even some of the natural wonders here on Earth. Take time to reflect on what it means to you that God created everything and still cares for you personally.**

## DAY 5

**I have hidden your Word in my heart that I might not sin against you.**  
(Psalm 119:11 NIV)

*Written by Kallie, age 21, from Gate City, Virginia, USA*

Do you use the Screentime feature on your phone or favorite social media app? It's the feature that reveals how long you spend on your phone during a day and during a week. This has revealed a lot to me about my own personal use of my phone. Social media apps like Instagram and Snapchat take up nearly two hours of my day. But the one that takes the most time is TikTok! I get so caught up in scrolling and scrolling I can spend five to six hours on it!

Now, what does this have to do with Psalm 119:11? This verse relates to how you read your Bible. How can you hide the God's Word in your heart if you do not read it? It is so easy to spend hours on our phones, but it's tough sometimes to prioritize reading the Bible. But, by getting to know the Bible, we can use the wisdom and words in it to stay focused on living our lives the way God says is best!

**My challenge for you is to create your own way of keeping up with reading your Bible on a regular basis, just like how our phones keep up with how often we use them. You can keep it on a sticky note or ask a friend to do a Bible reading plan with you (for some accountability). It is so important to be reading Scripture as a regular part of building your faith every day!**