

DAY 6

EPHESIANS 4:32, NLT

Imagine you're at school, and you forget your lunch. You're sitting there, stomach growling, when someone slides half of their lunch across the table and says, "Hey, you can have this." They didn't have to do that. They just chose to be kind.

Unexpected kindness sticks with us. It makes a difference—not just in big, dramatic ways, but in simple moments when someone goes out of their way to help.

This week, look for a way to show kindness when someone isn't expecting it. A small act—like inviting someone to sit with you, sharing a snack, or holding the door—can be a reminder of God's love in someone's day.

DAY 7

MATTHEW 5:8, NLT

Imagine you're at a party and there's a giant tray of cookies. You know you've already had enough, but the cookies are calling your name. It's hard to resist!

We all have things that are tough to say no to. Maybe for you, it's staying up late scrolling on your phone, snapping back at a sibling, or watching something you know you shouldn't. Self-control isn't easy, but it's one of the ways we grow when we follow Jesus.

Jesus said, "God blesses those whose hearts are pure, for they will see God" (Matthew 5:8). Protecting our hearts from distractions and temptations helps us stay focused on what really matters.

What's one boundary you could set this week to help you follow God? Limiting screen time? Walking away from drama? Choosing to pause before reacting? Ask God to help you strengthen your self-control!

DAILY DEVOTIONAL

FOR AN
everyday faith.

HOW TO SEE GOD / WEEK 1

MIDDLE SCHOOL

DAY 1

HEBREWS 1:3, NLT

Have you ever wondered how God would handle the tough situations we face—like dealing with criticism, heartbreak, betrayal, or injustice? When we look at Jesus' life, we see how God's heart responds—with compassion, grace, and love.

Jesus didn't just leave us without an example for how to live; He gave us the Holy Spirit to guide and empower us. The Spirit is like a constant reminder of God's presence in our lives, helping us live in ways that reflect God's love and purpose.

Take a moment today to ask: How can I show compassion or grace like Jesus to myself and the people in my life this week? What might the Spirit be guiding me to do in a tough situation?

DAY 2

JOHN 13:35, NLT

Have you ever seen a surprise gift make someone's day? Maybe a friend brought you your favorite snack when you were feeling down, or a teammate cheered you on even when you didn't expect it. Moments like these show us the power of love in action.

Jesus said that the clearest way people will recognize His followers is by their love for others. Love isn't just something we say—it's something we do. God's love fills our hearts through the Spirit, which means we're called to reflect that love in real ways.

This week, think of a small but meaningful way to show love to a friend, classmate, or family member. Maybe it's offering encouragement, helping out when no one asks, or including someone who feels left out. Through you, they may see God at work!

DAY 3

PHILIPPIANS 2:2, NIV

Have you ever met someone who always seems joyful, no matter what happens? At first, it might seem impossible—how can anyone always be that happy? But real joy isn't about pretending everything is perfect. It's about choosing to see the good, even when life is hard.

In Philippians 2:2, Paul talks about the power of joy. Joy is a fruit of the Spirit—evidence that God is at work in our lives. When we see someone living with joy it stands out. It points to something bigger than just a good mood—it points to their awareness of God's presence.

Look for one thing this week that brings you joy. Take a second to thank God for it. Joy is always there—you just have to look for it.

DAY 4

2 CORINTHIANS 6:6, NIV

Have you ever been stuck behind someone walking super slowly in the hallway when you're in a rush? Or maybe waiting forever in a long line when you just want to be anywhere else? It's frustrating!

But what if patience isn't just about staying calm—it's about showing love? The author here connects patience, sincere love, and the Spirit. In other words, how we treat others—especially when it's hard—can reflect God's love.

Next time you're stuck in a frustrating situation, try this: Instead of focusing on your own frustration, think about what someone else might be going through. Maybe they're having a rough day, feeling anxious, or dealing with something heavy.

This week, look for a moment to practice patience. Whether it's with a friend, sibling, or stranger, choose patience as a way to share God's love.

DAY 5

ROMANS 8:6, NIV

Written by Elijah Morrow, age 22, from Detroit, MI

In college, life moves fast. Classes, work, relationships, trying to have fun with friends, and responsibilities all fight for attention. It's easy to get caught up in stress, overthinking, and pressure to have everything figured out. But Romans 8:6 reminds us that what we focus on shapes how we experience life. When we only focus on what's in front of us we can feel stuck, overwhelmed, or even lost. But when we shift our focus to God, something changes.

Seeing God in everyday life doesn't mean waiting for a big sign to light up in front of you. It's in small moments—when a friend checks in, when you see a beautiful sunset, when you feel a little bit of peace in the middle of a chaotic day. God is already

present; we just have to slow down and notice.

This week, take a few minutes each day to pause and ask, Where do I see God right now? Maybe it's in the kindness of a stranger, beauty in the city you live in, or even a moment of clarity. Trust that God is working in you, even when you don't see the whole picture yet.