

DAY 6

You are my refuge and my shield; your word is my source of hope. Psalm 119:114 NLT

If you needed a tool to protect you from danger, what would you pick? In the Bible, we learn that God acts as a shield to protect us. Not only that, but God gave us Scripture so that no matter what dangers come our way, we can always have the truth we need to fight it. When we feel weak, defeated, or like we simply can't find the resilience we need to go on, God's Word gives us access to all the things we need to stand back up and keep going with God's help!

Where in your life do you need a little help to keep going? Today, read this verse as a prayer about that part of your life, believing God will help you be resilient.

DAY 7

The Lord is near to all who call on him, to all who call on him in truth. Psalm 145:18 NIV

God didn't leave us to figure out how to face difficult days alone. When we need to be resilient in the face of any circumstance, we can go to God's Word. There, we'll find the truth we need to remember in order to keep going.

To have it in your mind, start working to memorize this verse. Draw a picture to represent the truth found in this verse. Write the Scripture somewhere on the picture and work to memorize it each time you come across it this week.

DAILY DEVOTIONAL

FOR AN
everyday faith.

NEVER GIVE UP / WEEK 1

MIDDLE SCHOOL

DAY 1

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith." Hebrews 12:1-2a NLT

Think about the last race you were part of or that you watched. Maybe it was the mile run in physical education class or a race during the Olympics. How did all of those runners get closer to their goal of finishing that race? They kept moving forward! The same thing is true when it comes to our faith. When we keep our eyes on Jesus, we are focusing on what God has called us to—the race God has set before us. As we keep moving forward, we'll develop the resilience to keep going and growing in life, no matter what we face.

Today, take a moment to go for a walk. As you take each step, think about the way you can move forward in your life with your eyes on Jesus and step closer to what God has called you to.

DAY 2

I am counting on the Lord; yes, I am counting on him. I have put my hope in his word. Psalm 130:5 NLT

Resilience is all about bouncing back after tough circumstances. That's something the writer of this Psalm knew a thing or two about! He went through many ups and downs in life, and yet, his focus wasn't on those difficult things. Instead, his focus was on how much he depended on God. Too often, we feel like in order to bounce back in life, we have to be strong and independent. We have to push past the difficulties on our own. But the truth is, being able to grow in resilience is really about making sure that you lean on God to help you!

Today, reach out to someone you know who has been following Jesus for a long time and ask them the ways they've leaned on God over the years.

DAY 3

As for me, I look to the Lord for help. I wait confidently for God to save me, and my God will certainly hear me. Micah 7:7 NLT

When was the last time you had to ask for help? No matter the reason, asking for help can sometimes be hard to do. It means you know you've reached your limit. You've done all you can do in a situation, and now it's time for someone else to step in and help things move in a positive direction. While it may not always be easy, asking for help—especially when you're asking God—is an act of confidence. It's putting faith in the One you're asking to help you!

What can you trust God to help you with today? Take a moment to journal about something you need to confidently ask God to help you with.

DAY 4

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:31 NLT

We all get tired. But sometimes, even when you're feeling sleepy, you can get what's called a second wind. Then suddenly, you're able to stay up later than you planned because you have a fresh sense of energy. God is an expert in giving people a second wind. Just when we think we're going to give up, with God's help, we can find the fresh energy and strength we need to keep going! The only thing you need to do is trust in God!

Ask God to show you what you need more energy for in your life. Using a dry-erase marker, write it on your mirror, and every time you see it, ask God to help you stay strong to keep going when it comes to that thing.

DAY 5

And so, Lord, where do I put my hope? My only hope is in you. Psalm 39:7 NLT

Written by Sam, age 15, from Burke, Virginia, USA

"Don't lose hope!" I don't know about you, but this is a phrase that I hear a lot. Whenever something difficult happens, everyone tells us to "keep hoping," and "just hope for the best." And while they may be used way too much, the truth is, it's important to have hope, especially in hard times.

It's important to hope that God will get us through this, and it's important to hope for better days. Hope is a sign of resilience. Hope helps us to keep going from day to day!

David, the writer of this verse, put his hope in God. Because of that, he knew he'd make it through whatever challenge he was facing. That's true for us, too! When our hope is in God, we know that we will make it through because we know God's best for us is better than what we're going through right now. God will help us through the challenges that the world throws at us.

Today, ask God to help you place your hope in God and to be resilient through whatever challenge you are facing right now.