

DAILY DEVOTIONAL

Vibes / Week 1

We will speak the truth in love,
growing in every way more and
more like Christ.

EPHESIANS 4:15A NLT

DAY 1

Have you ever heard something that bothered you so much it took everything in you to keep your mouth shut? We've all been there, faced with an opportunity to make the best comeback ever, or put someone in their place. The hardest parts of those moments is when we know what we want to say is RIGHT! But does that mean we should say it anyway? The apostle Paul says that we should speak the truth—in love. Meaning, we speak not to make a point, make ourselves look better, or cut people down, no matter how right we may be or how much that person deserves it. We watch our tone, our word choice, and our hearts, because speaking the truth in love is about more than just saying what's true. It's saying what's true in the most loving way possible.

Today, pray your way through your interactions with others. When they really get on your nerves, ask God to help you hold your words.

Encourage one another daily, as
long as it is called "Today,"

HEBREWS 3:13A NIV

DAY 2

Have you ever been asked to do something and responded by saying, "later", or "tomorrow", or "not right now"? It's easy to put things off. It isn't always because we don't want to do it, we just always think there will be a better time than right now. This verse from Hebrews, tells us there is a better response. What if instead of doing the things we know we need to do tomorrow, we started doing them today? There may be no better thing to start doing right now than encouraging someone else. It may not feel convenient, it may feel a little weird or awkward, but today is the best day to start something new that will build into someone else's life.

Make a list of people you have encounters with each day – your family members, lunch staff, schoolteachers, coaches, etc. Find one way to encourage three of the people on your list this week.

Bear with each other and forgive
one another if any of you has a
grievance against someone.

Forgive as the Lord forgave you.

COLOSSIANS 3:13 NIV

DAY 3

Have you ever fallen asleep in the wrong position and woken up sore? The way you slept ends up effecting the whole day! Holding a grudge against someone is a lot like that. It makes us emotionally sore, and effects every area of our lives. A grudge doesn't just go away because you want it to. It takes forgiveness. What if instead of holding a grudge against someone or "cancelling" them because of what they did, we forgave them? There are plenty of reasons to cancel someone, but it's harder to think of reasons to forgive – until you remember you are forgiven.

Think through the grudges you may be holding that are making you emotionally sore. What can you do to work through the grudge and offer forgiveness?

You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them.

JAMES 4:2A NLT

DAY 4

Think back on all the arguments or disagreements you've had lately. When you get to the bottom of them, chances are, jealousy was a big part of them. Because all arguments have one thing in common: we want something we aren't getting. From a later curfew to respect, and everything in between, jealousy—wanting what we don't have—is a player.

Take a minute and write down one thing that's made you jealous this week.

Think through each day. It's possible something may come up that you hadn't really thought about until now! What would it feel like to let go of the frustration that comes with jealousy? Ask God to give you the strength and courage to let go of that jealousy and frustration today.

But let all who take refuge in you rejoice; **let them sing joyful praises forever.**

PSALM 5:11A NLT

DAY 5

Do you ever feel like you just need to get away from everything? Everything people say and do is annoying you, and no matter what you do, you can't kick the mood you're in? This verse talks about taking refuge in God. It's the idea of getting away from everything around you, and getting quiet in God's presence. It's about taking a moment to give yourself a time-out. When we learn to quiet everything around us so we can name what's happening inside of us, the sooner we will be able to do what this psalm suggests: sing joyful praises to God.

Today, make some time to take refuge in God, to get quiet before Him with whatever mood you are currently in. Spend some time there and pray that God can take whatever place you are in, and turn it into a place for rejoicing and joyful praises.

"Let's go across to the outpost of those pagans," Jonathan said to his armor bearer. "Perhaps the Lord will help us, for **nothing can hinder the Lord.** He can win a battle whether he has many warriors or only a few!"

1 SAMUEL 14:6 NLT

DAY 6

Sometimes, it can be hard to read parts of the Bible and understand what any of it has to do with you, right here and right now. This passage can feel strange and outdated. What can it possibly mean for our lives? While we may not be able to relate to the physical battle Jonathan is referring to, what he says is helpful for us no matter what we are facing. "Nothing can hinder the Lord", Jonathan says. Meaning, God is bigger than anything we are facing. Nothing can hold God back or beat Him down. So the battles we are facing with anxiety, fear, jealousy, anger, uncertainty—God is bigger.

Take a minute today and write down a battle you need help believing God is bigger than. Pray and ask for the confidence to believe in who God is in the middle of the battle you are facing.

So now there is no condemnation for those who belong to Christ Jesus.

ROMANS 8:1 NLT

DAY 7

Open up your journal and write out the whole verse, word for word, each morning for a whole week!