

Upside Down: Treat others the way Jesus treats you.

DAY 1

Through Christ

“I know what it’s like not to have what I need. I have learned the secret of being content no matter what happens. I am content whether I am well fed or hungry. I am content whether I have more than enough or not enough. I can do all this by the power of Christ. He gives me strength” (Philippians 4:12-13 NIV)

In a letter to the church in Philippi, the apostle Paul was explaining that he had learned how to make it through ANYTHING. The key for Paul was to stay focused on Jesus! When we put Jesus first, Jesus will help us face any situation that comes our way.

Remember, this verse doesn’t mean you can do ANYTHING (like jump tall buildings in a single bound or walk through walls or run a mile in 2 minutes) you want to do. This verse reminds us that we can do anything that Jesus calls us to do. We can do anything that lines up with His will or His plan for us! And the best way to figure out what those “anythings” are is to focus on Jesus.

DAY 2

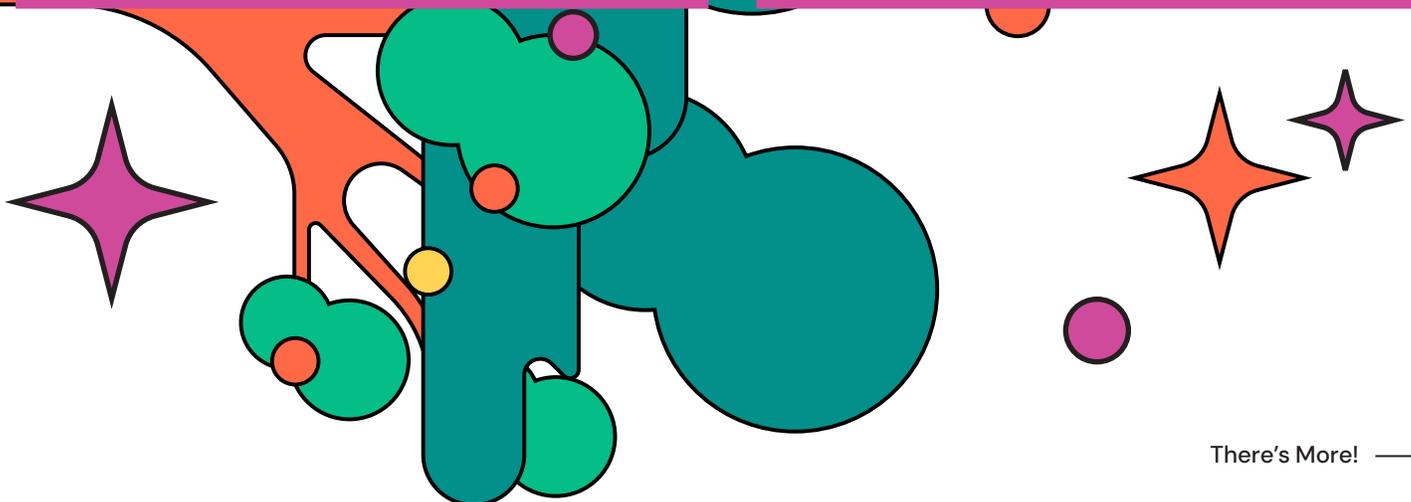
Always and Forever

“Jesus Christ is the same yesterday and today and forever” (Hebrews 13:8 NIV).

What’s the weather like outside today? What was it like yesterday? What about tomorrow?

Most everything around us changes. Seasons change. You grow up and learn new things. Your interests and tastes change too. But one thing that NEVER changes is Jesus! His love for you stays the same, yesterday, today, and forever. It’s why you can trust Him. And if you are a follower of Jesus, it’s why your relationship with Him should always come first.

Do you have a printed calendar at home or is there a place where your family writes down the schedule for the week? If so, at the top of your calendar or schedule, write out today’s verse as a reminder that while the seasons/ days may change, Jesus stays the same!





DAY 3

Every Knee Will Bow

So God lifted him up to the highest place. God gave him the name that is above every name. When the name of Jesus is spoken, everyone will kneel down to worship him. Everyone in heaven and on earth and under the earth will kneel down to worship him (Philippians 2:9-10 NIrV).

Paul is making it clear in his words to the church that because of what Jesus has done, one day “every knee will bow” in heaven, on earth, and under the earth. That means that everything in all of creation will one day show Jesus the respect He deserves. Jesus’ power and glory are greater than anything else. That day IS coming.

But until then, as a follower of Jesus, your job is to share His love with everyone. Putting Jesus first means sharing His love and kindness so that they might follow Him, too.



Look back at your Bible and use a yellow marker to draw sunbeams out from the word “Jesus” as a reminder that one day everyone will put Jesus first.

Make time for
Jesus first.

DAY 4

Jesus First

“My goal while I was with you was to talk about only one thing. And that was Jesus Christ and his death on the cross” (1 Corinthians 2:2 NIrV).

Knowing Jesus is more important than being the smartest, or strongest, or toughest, or most popular. It’s more important than having the latest gadgets or the most money or the coolest stuff. All of those things can distract us from what’s most important— knowing Jesus and helping others know Him. Our goal should be just like Paul’s, to put Jesus first.



Grab a dry-erase or a washable marker. Write the words “JESUS FIRST” in large block letters across the top of the mirror. As you get ready this week, read those words as a reminder to put Jesus first this week.

