

# DAILY DEVOTIONAL

Sorry Not Sorry / Week 1

## WEEK 1

THE MORE YOU HOLD ON TO A GRUDGE, THE MORE IT HOLDS ON TO YOU.

Jesus looked at him and loved him. "One thing you lack," he said. "Go, sell everything you have and give to the poor, and **you will have treasure in heaven.**"

MARK 10:21a

### DAY 1

LIVE // Have you ever come across someone who was a little full of themselves? Sometimes we feel threatened by people like this. Other times we feel annoyed. Jesus encountered a guy like that one day. This young, successful, wealthy guy wasn't a mean person, but he had the nerve to tell Jesus, "I've kept all of God's laws perfectly since childhood." Can you believe that?! It takes a lot of guts to tell the Son of God you haven't made any mistakes! But Jesus didn't handle this guy like we might have. He gently pointed this young guy down a path that would lead him closer to God. What would happen if you tried to do that when talking to hard-to-like people? What might change? This week, consider what it would look like to point unlikeable people to Christ during your conversations with them.



**Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.**

EPHESIANS 4:32

### DAY 2

PRAY // Here Paul is talking to people in the church in Ephesus, and I imagine the people reading the letter thinking . . . Be kind? Check. Forgive? Check. But be tenderhearted? How do you MAKE yourself tenderhearted toward someone? You can choose to be kind and choose to forgive. But to feel a certain way toward someone? That's a lot harder. You just feel the way you feel. It's kind of out of your control, right? Maybe not as much as you think. The more you pray for someone and what's going on in their life, the more likely your heart will be to change toward them. Today, think of one or two people in your life you do not have a tender heart toward. Take some time today to pray for them and ask God to soften your heart toward those people.



“GO AND BE  
RECONCILED . . .  
THEN **come**  
and offer your  
sacrifice to God.”

MATTHEW 5:24b

## DAY 3

LIVE // Spend any time reading the Gospels and you'll see Jesus was a pretty nice guy. But there was one type of person Jesus was consistently harsh toward—those who treated God with great honor, but treated people like garbage! His anger toward these people makes it clear that it matters to Jesus how we treat one another. Maybe that's why He tells us we need to make peace with people BEFORE we try to have special worship experiences with God. So, if there's someone you're in a fight with today, someone you're in conflict with, go make peace with them FIRST, and then pray, journal, or read your Bible. Your relationship with God matters. But so do your relationships with the people He loves!



## FIX YOUR THOUGHTS

on what is true, and  
honorable, and right,  
and pure, and lovely,  
and admirable.

PHILIPPIANS 4:8a

## DAY 4

HEAR // When a professional basketball player scores the game-winning basket in dramatic fashion, those of us who love the sport spend the next week analyzing everything about that final play. And chances are, the combination of moves that athlete used to score is something he or she has practiced over and over again. The big moments of life are won in the small moments of preparation. That's true of sports, and it's true of your social interactions. So set aside some time this week to journal and pray, asking God to bring to mind some positive thoughts you can store away now for when you find yourself feeling angry, bitter, and resentful later. Because when you fix your thoughts on good, you will be more likely to live in a way that reflects those thoughts.



Live in harmony  
with each other.  
Don't be too proud  
to enjoy the company  
of ordinary people.  
And **DON'T THINK  
YOU KNOW IT ALL.**

ROMANS 12:16

## DAY 5

TALK // Forgiveness is really hard, but you probably already knew that. Sometimes it feels like you're holding a grudge, and you don't even want to! You're trying to forgive. You want to let it go. But it's hard. The truth is, every adult in your life knows what it's like to try to forgive people. So don't feel like you have to figure all of this out on your own! To help you learn how to forgive more quickly and in a more healthy way, find an adult you trust, share your story, and ask them how they've learned to forgive people who have hurt them. Then make it a point to practice what you've learned.

