
DAILY DEVOTIONAL

I Have Questions / How do you talk about suicide?

WEEK 1

DON'T LET LIES STEAL YOUR LIFE.

**You belong to God,
my dear children. You
have already won a
victory over those
people, because the
Spirit who lives in you
is greater than the
spirit who lives in
the world.**

1 JOHN 4:4 NLT

DAY 1

HEAR // Do you ever feel like you're at the end of yourself? Maybe you're going through something difficult or feeling overwhelmed with insecurity. Here's the good news: There is Someone who lives *IN* you that is greater than everything going on *AROUND* you. When you choose to trust in God, His Spirit gives you strength that is greater than anything the world can throw at you. Today, choose to trust what this verse says. Choose to believe that even when you feel powerless, God's Spirit lives in you and will give you everything you need to make it through difficult moments.



**How precious are your
thoughts about me, O
God. They cannot be
numbered!**

PSALM 139:17 NLT

DAY 2

PRAY // Do you know that God thinks about you? It's true. The God who created everything and placed every star in the sky actually has *YOU* running through His mind constantly. So, you might be thinking, "Of course He does . . . I mess up all the time and He's thinking about that." Not exactly. You are on God's mind because He *loves* you. In fact, He thinks more highly of you than you think of yourself. Today, ask God what He thinks about you. Ask Him to help you think about yourself with love, grace, and joy—just like He does.



He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

2 CORINTHIANS 1:4 NLT

DAY 3

LIVE // Who around you could use your comfort? If you've ever made it through something difficult because God comforted you in your trouble, He now wants you to do the same for someone else. Your school, your team, and your friend groups are full of people who could use the comfort of an honest conversation, kind hug, or encouraging text. This week, choose one friend who is going through something difficult and help comfort them. Find a way to talk with them or cheer them up. When you do, you'll be passing along the very same comfort God gave to you.



"And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows."

LUKE 12:7 NLT

DAY 4

HEAR // Have you ever been afraid that nobody sees you or cares about you? This fear can lead to all sorts of dark places. This is why understanding your value in God's eyes is so important. God values you so much that He knows the number of hairs on your head. This small detail shows us and reminds us that He cares about every part of who we are. If God counts your hair, you can count on Him caring about your difficulties, insecurities, and sad thoughts. Today, when you're afraid no one cares, remember that God made you and *values* every little detail about you.



Jesus spoke to the people once more and said, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."

JOHN 8:12 NLT

DAY 5

LIVE // What if Jesus could lead you through the darkness you're facing and into a brighter day, filled with hope? This is actually what Jesus is promising us. He doesn't tell us that life will be perfect, but He does tell us that following Him is better than staying in the darkness of our difficult circumstances. Today, choose to follow Jesus. Maybe pray for the first time in a while, talk to a Christian mentor you trust, or pick up your Bible and read about what Jesus is like. Take a step to follow Jesus and trust that He will lead you to the best, most hope-filled life possible.

