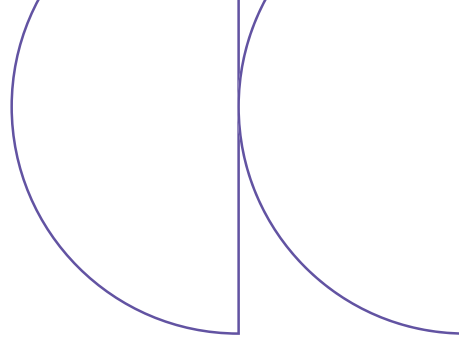


DAY 6

PROVERBS 19:11, NIV

Have you ever played a heated game where you reacted emotionally instead of playing strategically? This proverb is like that game. It's saying that true wisdom often shows up as patience, especially when we're dealing with others' mistakes or offenses. But here's the key: Overlooking an offense doesn't mean pretending it didn't happen. It means choosing to forgive while giving yourself space to evaluate if new boundaries are helpful for that relationship. You can let go of resentment while still protecting yourself from further hurt. It's about having the wisdom to respond thoughtfully and prioritize healthy relationships.

This week, if someone offends you, try pausing before you react. Ask yourself: What response would help me to move forward with wisdom while respecting boundaries?



DAY 7

EPHESIANS 4:32, NIV

Think about the last time someone showed you unexpected kindness. Maybe someone bought your dinner, helped you clean your room, or helped you learn how to do something. How did it make you feel? This verse encourages us to do that for the people around us. It's a challenge to be proactive in our relationships, setting the tone with kindness and compassion, but with God's help, it's something we can all do.

To help memorize this verse, write each word of the verse on a separate Post-it note. Stick them in order on a wall, desk, or door you see often. Each time you pass by, remove one Post-it and recite the verse including the missing word. As the notes disappear, you'll find the verse appearing more clearly in your memory.

DAILY DEVOTIONAL

FOR AN
everyday faith.

GIVE AND TAKE / WEEK 3

HIGH SCHOOL

DAY 1

COLOSSIANS 3:13, NLT

Think about the last time you messed up. How did it feel when someone forgave you, especially if you didn't think you deserved it? That's a glimpse of what God does for us! God forgives us completely, not because we've earned it but because of love. And with that, God invites us to share that forgiveness with others. It's like receiving an amazing gift and being able to give it to someone else. This give and take of forgiveness doesn't mean ignoring injustice or letting people walk all over us. It means choosing to break the cycle of hurt and resentment by offering forgiveness in place of revenge. Remember, you can forgive someone while also setting new boundaries to protect yourself. That's perfectly okay!

Today, ask yourself, is there someone you need to forgive? Start by praying for them and ask God to help you heal from any hurt. Take a moment to write down your feelings and what boundaries you might need to set moving forward.

DAY 2

EPHESIANS 4:31, NLT

Have you ever opened old milk? The smell alone is enough to make you gag, right? Bitterness in our hearts is similar. The longer we hold on to it, the more rotten it becomes. When we don't forgive, we're essentially letting that bitterness grow inside us. Over time, it has a way of affecting everything we do. The good news? We have a choice. We can choose to pour out that bitterness and fill ourselves with something better. Forgiveness isn't about forgetting what happened; it's about choosing not to let it define us or control our actions. It's about breaking the cycle of hurt instead of perpetuating it.

Today, ask yourself: What bitterness am I holding on to that needs to be poured out? Ask God to help you move toward forgiveness in that specific area of your life.

DAY 3

MATTHEW 6:12, NIV

Have you ever forgotten to pay someone back? The debt hangs over you, making each interaction more awkward until you finally come up with what you owe. Now, imagine if that person suddenly said, “Don’t worry about it. The debt is canceled; someone else took care of it.” That would be amazing, right? Well, that’s the kind of forgiveness Jesus offers us. He tells us how our willingness to forgive others can help us open up to receiving forgiveness ourselves. It’s not that God’s forgiveness depends on ours; rather, forgiving others allows us to better understand the forgiveness God offers us. For us, forgiveness is a process. Sure, it takes time, but it’s a journey worth taking.

Today, reflect on any “debts” you’re holding against others. How might releasing those debts change your relationship with them and with God? Choose one specific grievance and write it down on a piece of paper. Then, as a symbolic act of cancelling the debt, tear up the paper and throw it away.

DAY 4

ROMANS 12:19, NLT

Have you ever felt frustrated when someone seems to carry on without a care in the world after they’ve hurt you? Our instinct is to seek justice or get revenge, but Paul’s words encourage us to reconsider. They remind us that, while injustice is real, the responsibility for making things right ultimately belongs to God. This doesn’t mean we should sit back and accept what’s happened; instead, it’s an invitation to trust that God understands the whole picture. When we choose not to take revenge, we create space for God to work—not just in the lives of those who’ve wronged us, but in our lives, too.

Today, take a moment to reflect on this question: What might happen if I allow God to handle my difficult situation? Reach out to a trusted adult to ask for support and prayer over this specific thing.

DAY 5

PSALM 103:10-12, NLT

Written by Gabi Luevano, age 21, from Hull, IA

In Psalm 103, David is basically writing a heartfelt song to God. He’s showing his love and thanks in a creative way, even though he doesn’t fully understand why or how God loves and forgives him. But that’s the thing! He doesn’t fully understand how or why God forgives him, but he doesn’t have to understand it to be grateful for it. He believes it so much that he spends time just being in awe and thanking God for love and forgiveness. Just like David, we will never be able to fully understand God’s love for us, but we can be like David and thank God for it. We can spend time thinking about it and responding to it.

Take time to creatively express gratitude to God for loving and saving you. Try to have fun with how you interact with God. Be

honest and creative in how you express gratitude, just like David did!