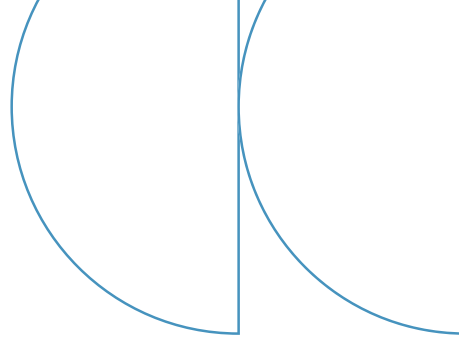


DAY 6

EPHESIANS 4:29, NIV

Have you ever stopped to think about how powerful your words are? Yes, believe it or not, your words hold power. They evoke emotions, both positive and negative. However, one thing is certain: When we're around people who encourage us, we can't help but feel better about ourselves. That's why we naturally gravitate toward people like that. Their words lift us up! Now flip that around: Do you think others see you as someone who uses your words to encourage? The point isn't to condemn or come down on you if you aren't always using your words wisely. Rather, it's to challenge you to remember that your words matter. After all, if people matter to God, shouldn't they matter to us, too? We can show that in our words!

This week, pay attention to your words. How many times do you find yourself using them to build others up? And what areas can you identify where your words may need some improvement?



DAY 7

PHILIPPIANS 4:8, NLT

Do you ever wish you could control your thoughts? Sometimes it feels like our minds get stuck on things that make us anxious or upset. It's easy to believe that our teacher doesn't like us, or our friends are intentionally excluding us. Whatever the scenario might be, our thoughts can cause us to spiral and make us feel worse. Paul, the author of this passage, understood just how powerful our thoughts can be. While you may not be able to control what randomly pops into your head, you can choose what to focus on. The next time negative thoughts or lies enter your mind, remind yourself that you don't have to dwell on them. Instead, try to replace those thoughts with true, honorable, and good things.

Today, talk to someone you trust and ask them to help you create a list of things to focus on when negative thoughts start creeping in.

DAILY DEVOTIONAL

FOR AN
everyday faith.

THE NOBLE EXPERIMENT / WEEK 1

HIGH SCHOOL

DAY 1

CORINTHIANS 5:17, NLT

Have you ever made a bet with someone? Maybe you said you could make a goal or, at the very least, toss a piece of trash into the can from across the classroom. What are the two words you most want to hear if you miss? "Do over!" We all want a second chance—an opportunity to act like we never messed up. We all want to start fresh. One of the greatest things about putting your faith in Jesus is that He gives us that fresh start. We get the much needed "do over" anytime we mess up or make a mistake. When we put our faith in Him, we become a new creation. That means our past doesn't define us anymore. We don't have to prove our worth or try to earn God's love. We can simply choose to be a new person in Christ, and that's a big deal!

Today, take some time to thank God for giving you a fresh start. Then, ask God to help you see yourself the way God does: completely loved and made new.

DAY 2

COLOSSIANS 3:17, NLT

Have you ever tried to put something together without instructions? Whether it's for a school project or even setting up a new video game system, it can feel like you're just guessing if you're doing it right. Paul's letter to the Colossians doesn't tell us how to put things together, but it has helpful tips to operate with integrity. Paul said that in everything we do—we should do it with Jesus in mind. So, how do we talk to people? Do we build them up or tear them down? Are we focused on helping others or just ourselves? Do we still do the right thing when no one's looking? That's integrity, and it's what Jesus asks us to do as His followers.

Think about a part of your life where you could shift your focus a little more toward Jesus, and ask a trusted person in your life how you can practice integrity this week.

DAY 3

JAMES 5:12, NIV

What do you think makes someone a good friend? Maybe they're fun to be around, share your interests, or always know how to make you laugh. But more than likely, they're someone you can trust. You trust them with your thoughts, you trust their advice, and you trust that they have your back. If trust is so important in relationships, then how trustworthy are you? Can your friends count on you to follow through with what you say? As followers of Jesus, we should be people others can rely on. We should be people whose words have integrity. We should be people whose words actually mean something. When we say "Yes," we need to follow through, and when we say "No," we should be clear about that, too.

Take a moment to write down a list of the most trusted people in your life. Whether it's a friend, parent, teacher, or someone else, take time to thank them for being a part of your life and operating with integrity.

DAY 4

1 JOHN 3:17-18, NIV

Have you ever heard the saying, "Walk the walk, don't just talk the talk"? We all know someone who's great at saying the right things or making big promises, but for whatever reason, nothing ever comes of it. As followers of Jesus, we want to try our best to do things differently. We want to be known as people who not only talk about loving others but also live it out. When we see someone who could use support, is our first instinct to drop what we're doing and help? Or do we only think about doing it when it's convenient for us? When we decide to be people who love through our actions and not just our words, we become a living example of love to the people around us.

Today, ask God to show you where you can love and serve someone else. Then, talk to your Small Group about it and ask them to hold you accountable to actually go out and do it!

DAY 5

PROVERBS 28:6, NLT

*Written by Andrea Pineado,
age 17, from Troy, MI*

What is real success? Is it having sums of money in your bank account, status, recognition among your peers, or the titles you can earn? The man who wrote many of the proverbs we read in Scripture was the richest and wisest man of his time. His name was Solomon, and he was king of Israel. In his writings, he said it's better to be poor and honest than rich and dishonest. Success can make someone think that they have control or that they are good enough through their own ability. The greatest men and women in the world can seem like they have it all on the outside, but what if they got there by cutting corners or losing themselves along the way? Ultimately, that's not success, at least not by God's definition!

As you go through your day, think about what you're working toward in life. Are you keeping your integrity and staying true to yourself? Or are you chasing something that could cost you your values? Take a moment to ask God to help you stay focused on what truly matters.