

DAY 6

JOHN 16:33, NIV

Have you ever skipped to the end of a book or looked up spoilers for a TV show just to make sure everything works out in the end? Sometimes, we just want to know that everything is going to be okay. Life can feel the same way! We face challenges, and we wish we could know for sure that it will all turn out fine. As much as we wish for everything to be easy and perfect, that isn't always reality. Sadness, heartache, and hurt are inevitable parts of life. But Jesus assures us that even during these challenges, we can still have hope about how our story ends. Jesus has already taken care of the hardest part. Take heart; He has overcome it all!

Take some time today to ask yourself: What troubles do I need to give to God, trusting that God has already won the victory?

DAY 7

PHILIPPIANS 4:8, NLT

Have you ever caught yourself complaining or feeling stuck in negativity? It's tough to feel good when your mind is focused on everything going wrong. But here's the cool thing: Our minds are more powerful than we think. When negative thoughts start to creep in, we can shift our focus to things that are good, true, and worth celebrating. In other words, we can practice gratitude. We all have things to be thankful for, whether that's the warmth of the sunshine, the joy of great friends, or spending time with your pet. God reveals love for us in both big and small ways. Sometimes we just have to slow down and notice.

Today, take a walk. Breathe in the fresh air and soak in the beauty of God's creation. Take time to practice gratitude for the many ways, both large and small, that you see God's love.

DAILY DEVOTIONAL

FOR AN
everyday faith.

THE NOBLE EXPERIMENT / WEEK 2

HIGH SCHOOL

DAY 1

JOHN 15:4-5, NLT

Do you remember the first time you tried to grow something? Maybe it was a science project in school, or maybe you were helping your grandparents in their garden. Remember how exciting it was to see it produce fruit or bloom for the first time? That thrill came from the time and effort you invested—watering, weeding, and sometimes pruning to see the plant thrive. Now imagine if you cut a branch off from the plant. It wouldn't survive, much less produce anything. Jesus says we're kind of like those branches. If we're disconnected from Him, we can't grow or produce good fruit—things like love, patience, and kindness. Our ability to operate with integrity is directly related to our connection with Jesus. So, if you're struggling to see integrity at work in your life, that may be the first clue you need to connect to the One who helps produce it in us.

This week, take time to reconnect with Jesus by praying, journaling, showing up to Small Group, or continuing this reading plan!

DAY 2

PROVERBS 3:5-6, NIV

How would you respond if someone asked what you wanted your future to look like? You might use words like successful, happy, healthy, or bright. After all, these are good things to hope for! But... things don't always go the way we plan. The writer of Proverbs understood that struggle. We want to be in charge and figure everything out, but sometimes that actually makes life harder. It's tempting to believe that everything will go our way if we work more and try harder. But this verse reminds us that we don't have to carry that weight. Every detail of our lives is in God's hands. This doesn't mean we should sit back and do nothing. Instead, we should trust God to lead us toward what's best today and in the future.

Spend time today in prayer, asking God to reveal areas of your life where you can practice trusting more.

DAY 3

1 PETER 3:13-14, NLT

What was the last thing you felt excited about? Maybe it was your birthday, Christmas, summer vacation, or seeing your crush. No matter what it was for you, the truth is we all love to be excited about something. It gives us something to look forward to; it gives us a little hope. Another way to describe this feeling is eagerness, which is where we feel impatient or have an enthusiastic desire for something to happen. In this same spirit, Peter encourages us to be eager to do good. Have you ever considered what that means for your life? He challenges us to do what is right, regardless of the outcome. More than that, he challenges us to be eager to do what's right. That's the posture of our hearts when we operate with integrity.

Think about the best people you know—the people who embody integrity. This week, ask them what it means to be eager to do good. Then, ask God to help you implement some of these principles in your own life, too.

DAY 4

ISAIAH 33:15-16, NLT

It's easy to think about today and what will make you feel good right now. We all tend to live in the moment, right? But what about your future self? Do you ever dream about who you'll be in 5 or 10 years? Well, the choices you make today help shape that future. That's what the prophet Isaiah's words are getting at here. Living with integrity now creates a solid foundation for your life. Being honest, staying away from things that could harm others, and refusing to give in to things you know aren't right—that's all part of building a great future for yourself. It's not just about avoiding trouble today; it's about living a life that God can bless in the long run. When we live with integrity, we have protection, guidance, and the things we need to thrive.

Take a moment to think about the kind of person you want to become. How can living with honesty and fairness now shape your future? Talk with your Small Group about that this week and challenge each other to live more as the person you want to be, both today and for the future.

DAY 5

TITUS 2:7, NIV

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Have you ever had someone younger look up to you? Maybe it's a sibling, someone in the grade below you, or a kid that you might not even know very well. They look up to you because they see you as older and wiser. They probably think you're really cool! So, if they're copying you, it's important that you're setting a good example, right? In the same way, other people—whether they believe in Jesus or not—will notice how you act and what you say. As followers of Jesus, we're meant to stand out in a way that shows others who He is. That doesn't mean you need to be perfect, but it does mean showing integrity and doing what's right even when it's hard. And the best example to follow in how to do that is Jesus!

Today, as you read this verse, think about someone that might look up to you or that comes to you for advice. Pray for that person and ask God to help you be a good example!