

DAILY DEVOTIONAL

Stressed Out

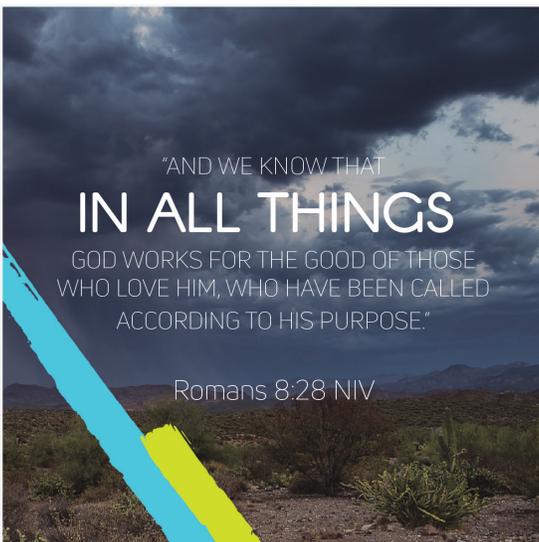
WEEK 3

GOD KNOWS YOUR FUTURE, SO YOU CAN FIND JOY IN HIM.



DAY 1

Has someone ever encouraged you through a stressful season in your life? Maybe they sent you nice texts or wrote you thoughtful notes. Maybe they gave you a gift or bought you a meal to let you know they were thinking of you. Or maybe they simply offered something as small as a smile or hug. Whatever it was, chances are you remember it because it did something to ease a little bit of your anxiety during a stressful time. While we may not have the ability to cure what's causing everyone's stress, we do have the ability to offer kindness and encouragement to help them through. Is there someone you know going through a stressful season? Find a way to show them kindness and encourage them this week.



DAY 2

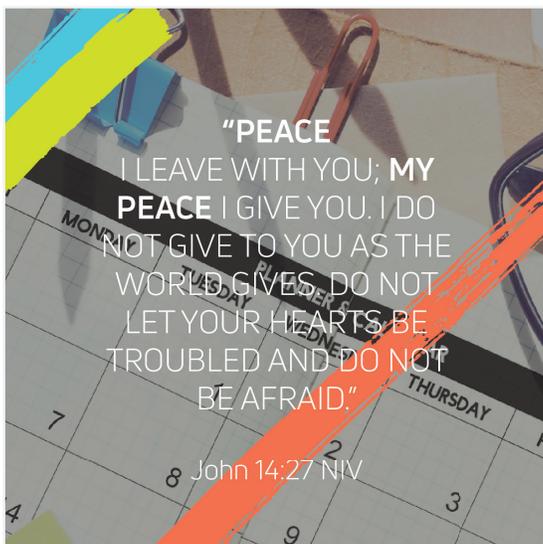
Are you one of those naturally optimistic people who look for the good in everything? Or do you sometimes have a hard time finding the bright side in a stressful situation? No matter which side you land on, difficult circumstances can make it hard for any of us to find the good. The Bible promises that even in the middle of seasons like that, good is still happening. That's because God is always at work, able to take even the most difficult and stressful seasons in our lives and use them for His good. If you're walking through a season that's causing you stress, remember that God is still good. And when it's hard to see, talk to someone in your life about ways they see God working in the midst of your struggle even when you can't.





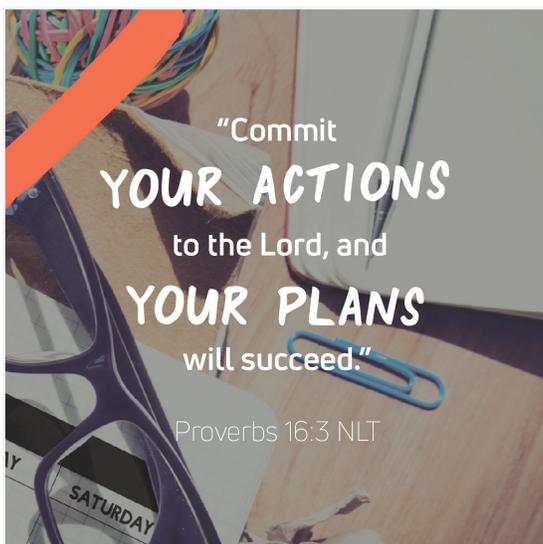
DAY 3

There's a lot of pressure for students to figure out what they want their futures to look like. Sometimes before you even know what you're going to eat for dinner that night, you're supposed to know where you're going to college and what you want to be when you grow up! While thinking ahead and working toward success isn't a bad thing, focusing too much on what may come tomorrow can cause us a lot of anxiety today. When worry, fear, or stress over your future takes you over, remember that it is God who holds your future. And if we call on Him, He'll give us everything we need not just to make it through today, but to make it through all of our tomorrows as well. Write this verse down and put it in a place where you can see it so that you can focus on this truth when you find yourself worried about the future.



DAY 4

Have you ever dealt with something so stressful that it seemed as if peace was absolutely impossible? Sometimes when we face difficult circumstances, it's easy to forget about the many promises that God has made to us in His Word—one of them being that He will give us His peace. Are you struggling to feel peace in a particular circumstance right now? Fill in the blank as you pray this prayer: "God, I ask for your peace as I deal with _____."



DAY 5

Have you ever had a really great idea or a big dream, but then you talked yourself out of actually going after it? Maybe you let the negative voices in your head convince you that you didn't have what it takes. Or maybe you listened to the voices of others who said that there was no way you'd ever be able to do it. We've all been there! But today, God wants you to know that it's okay for you to dream big. He created you that way! And He wants to remind you that no matter how big the dreams or ideas you have for the future may be, He has something even bigger, even greater in mind. With Him, anything is possible!

