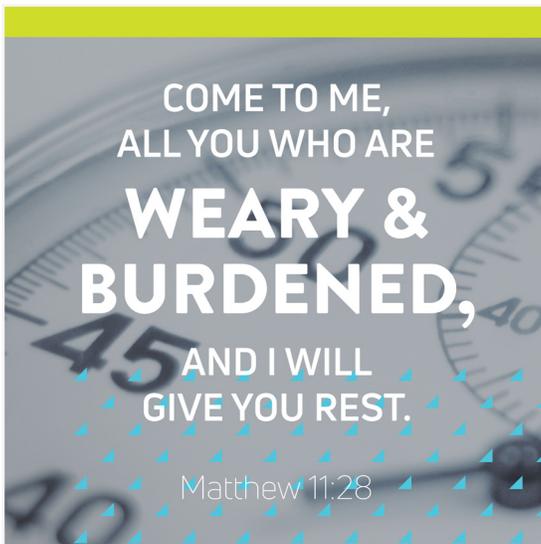


# DAILY DEVOTIONAL

Stressed Out / Week 1

## WEEK 1

CAST YOUR CARES ON HIM BECAUSE HE CARES FOR YOU.



### DAY 1

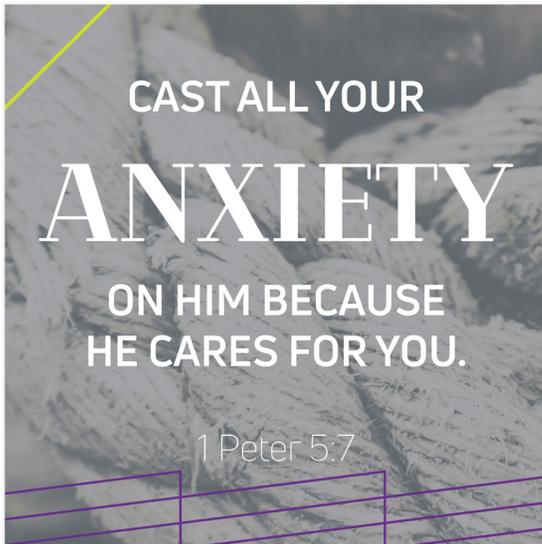
**LIVE //** How do you find rest when you're tired or burdened? Everyone has their own "fix." Maybe for you it's watching Netflix, running, texting a friend, going out for ice cream, or something else. Those things may help for a moment or a day, but if you are truly tired and burdened by life's disappointments and difficult circumstances, Jesus is the only hope we have for true rest. But how do we get that rest? This verse tells us the answer. Jesus will give us rest when we "come to Him." How can you come to Jesus today?



### DAY 2

**PRAY //** Who knows you best? Maybe it's your mom, your grandparent, or your best friend. What's interesting is that the people who know you the best are usually the people who love you the most. In Luke, we see that God knows the very number of hairs on our heads. That is some seriously detailed information! This depth of knowledge points to a personal and loving God who knows you and loves you. If He cares about your hair, then He definitely cares about your problems. What problem can you bring to God today?





### DAY 3

PRAY // Anxiety. That feeling of frantic panic and out-of-control worry. Anxiety can steal all of our joy and taint all of our relationships and experiences. But God wants better things for you, so He says you can cast all your anxiety on Him. But how do you do that? By praying. We can give our anxiety to God by praying and then trusting that He is good and that He cares for us. The weight of anxiety can be crushing. That's why God invites us to give all of our worries to Him. The keyword here is "all." Don't hold back. Give it all to Him. What worry can you give to God today?



### DAY 4

LIVE // Sometimes it seems as if the whole world is against us. Friends at school are becoming enemies. Your coach is yelling at you every day in practice. Your boyfriend or girlfriend dumped you. You're fairly certain your teachers hate you. You feel beaten down and destroyed. The good news is that, just as this verse reminds us, God is still for us. The God who created the universe is backing you. It's like taking Superman with you to a fistfight—it's not even going to be close. God's backing should give us a quiet confidence to withstand any situation or any person we feel is against us. Today, live with a sly grin knowing God has your back no matter what you face.



### DAY 5

HEAR // A broken heart can feel like a physical pain. The grief can consume you. Unfortunately, over the course of our lives, our hearts will likely be broken many times. Maybe even today your heart is broken or feeling crushed. Take comfort in knowing that God promises to be nearby in those moments. He promises to save. And, He knows what we're going through. Even Jesus suffered a broken heart and crushed spirit. God knows what you're going through, and He understands the pain you might be feeling today. And through it all, He promises to be close. How can you remind yourself of His promise today?

