



DAY 1

1 Peter 5:7

Cast all your cares on God for God cares for you.

Though things don't go our way, God is still there and we can still rejoice in him and with him. The world has troubles but God is still there to guide us and pick us up when we stumble and fall.

Ideas to talk about:

- How social media fuels the thought of not feeling enough
- How images and preconceived ideas about how teens should act or present themselves leads to anxiety and low self-esteem or the need to change how one looks or acts to fit that image.
- depression & anxiety
- Feeling alone as a Christian because people feel that you will judge them

Devotion

Read Habakkuk 3:17-19

Throughout our lives, not everything we do or try turns out the way we want it to. We are humans and sometimes we fail, even when we give it our all. The past few years have been a large disruption to the normal flow of life that we are used to. Schools went virtual and hybrid, many extracurriculars like sports and band were postponed or even canceled entirely. Masks became a requirement, and in some places they still are. It's safe to say that no one saw the past few years coming. Even through the crazy times we've been through, God is still here for us. Through all the hard times, God promises to protect us.

Read Psalm 34:17-19 & Proverbs 3:5-6

The Lord doesn't give us hardship to break us or hurt us. Instead, he wants us to lean on him and trust in him. Despite our human nature of wanting to solve our problems on our own, we aren't supposed to go through life alone. God wants us to trust in him because he is the Almighty, he is good, and he wants to guide us.

Read Jonah 2:2-6

There are times in our lives where we are going to sink and get entangled up in life. We as teens strive for praise and when we don't get it we go into a spiral of self-hatred and feel as though we aren't enough or nobody cares for us. We get stuck on our earthly problems and relationships and sometimes forget that we do have someone caring and watching out for us and that person is God. God is there every step of the way, when we start to sink or get tangled up and fall he is right there to pick us up and set us back on the right path and we can rejoice in that fact.

Discussion Questions

- Share a low point in your life and/or during quarantine. How did you turn to God to help you through?
- Why might we feel alone as Christian's even though we know we have God?
- When's a time in your life that God was there for you?



DAY 2

1 Peter 5:7

Cast all your cares on God for God cares for you.

God is always there to help, encourage and direct us. God tells us to not fear. Worry is just a form of fear so God is also telling us to not worry. God's got it worked out.

Devotion

Read 1 Cor 12:12-14

No one can do it all on their own. Everyone works as part of a team, just as our body has to work together for it all to function. In addition to working together with others...there is one other person that always is there (even if we cannot see). God is always there...and we can sense God's presence in all we do and say. God always cares for us because God created us all to be unique individuals. No one is exactly alike, and that is how it is supposed to be!!

Read Matthew 5:25-26

It's easy to get caught up in the little things, the day-to-day. It's easy to forget that there is more to life than work, and school, and the 10 assignments we haven't finished yet. When everything seems so hard, so taxing, and sometimes even impossible, it's easy to forget that God is calling us to a greater purpose. God is holding us in his hands, and God is telling us that everything will be alright. We just need to drown out the noise long enough to hear God's voice. God makes us stronger, God loves us, and guides us. If we just listen, and put our trust in God, everything else will fall into place.

Read Matthew 6:26

In this passage, we are reminded that God is our ultimate provider. Many times, we worry about what we don't have and doubt that God will provide. This passage tells us that God provides for all of the birds on Earth, so why doubt that God would provide for us? We have more value to God than birds, so if God provides them with all they need, why wouldn't God do the same for us? Instead of doubting God's ability to provide for us and worrying about all that we lack, we should trust in God and know God has a plan for our lives. God will provide for us all that we need.

Discussion Questions:

- What is a way you can help people?
- How has God helped you in your life?
- What do you feel you need in your life?
- In what areas of your life has God provided?
- What things do you worry about?
- Have you ever felt God's guidance in your life?