

DAILY DEVOTIONAL

Break It Down / Week 3

| | |
|--|---|
| <p><i>“Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation.”</i></p> <p><i>Isaiah 12:2 NIV</i></p> | <p>DAY 1</p> <p>In this verse, the author, Isaiah, says that God has saved him. And because God has saved him, he can trust God. He doesn't have to be afraid. This same thing is true for each and every one of us. God promised to save us, and with His Son, Jesus, He came through on that promise. Because of that, we can trust Him with our lives. We can go forward without fear, knowing that God is the saving strength we need to get through anything. Today, talk to a friend, parent, or Small Group Leader about what it means to you to know that God has promised to save you.</p> |
| <p><i>“I have hidden your word in my heart, that I might not sin against you.”</i></p> <p><i>Psalms 119:11 NIV</i></p> | <p>DAY 2</p> <p>What's something valuable that you own? Maybe a cool pair of sneakers, or the newest iPhone, or expensive jewelry passed down from your grandmother. Whatever it is, chances are you probably keep it somewhere safe. You put it in a place where you always know you'll be able to find it when you need it. In Psalm 119, David wrote that our hearts are the best place to hide God's Word. It's the place we can keep it close to us. The place we can go to when we know we need it. When we memorize Scripture, we always have it with us to lead us, comfort us, and guide us. Start by memorizing this verse. Hide it in your heart this week!</p> |
| <p><i>“For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.”</i></p> <p><i>Hebrews 4:12 NLT</i></p> | <p>DAY 3</p> <p>Think about life thousands of years ago. Having a small, sharp knife was so important for survival. People needed it for everything from protection to routine tasks like hunting or cooking. It was the strong tool they looked to for help with whatever they needed. This verse reminds us that the Bible is that tool for us. It has the power to cut deep into our thoughts, move us in the right direction, and help us make good decisions. If we memorize it, it will be there when we need it. Today, share with a friend something from the Bible that has helped you when you needed it.</p> |

| | |
|--|---|
| <p><i>“Every word of God proves true. He is a shield to all who come to him for protection.”</i></p> <p><i>Proverbs 30:5 NLT</i></p> | <p>DAY 4</p> <p>Where do you go for comfort? What do you do to help you feel better? Maybe you talk to or spend time with a friend. Or maybe you dive into a book or watch a movie. Maybe you go for a run or listen to music. We all have things that bring us comfort. But this Proverb reminds us that God is our ultimate comforter. When life is hard, we can come to Him for comfort and rest. While our circumstances may not change, we can ask God to give us His comfort, truth, and protection as we go through whatever we’re facing. If there is a situation where you need comfort, you can find it in God today. Pray for Him to be with you in it this week.</p> |
|--|---|

| | |
|---|--|
| <p><i>“How can a young person stay on the path of purity? By living according to your word.”</i></p> <p><i>Psalms 119:9 NLT</i></p> | <p>DAY 5</p> <p>When we see people making messes or mistakes in life, sometimes we think things like, “If only he hadn’t told that lie,” or “If only she’d avoided that party.” The reality is that life’s biggest mistakes usually begin with smaller steps in the wrong direction. And if we don’t stop ourselves, those small steps eventually take us toward big messes. The Bible shows us that we can keep ourselves out of trouble by following God’s wisdom, one step at a time. The more we live according to His word, the further we’ll be from big messes and mistakes in life. This week, pray that God would lead you step by step toward what’s right for your life. Focus on following Him one decision—one moment—at a time.</p> |
|---|--|

| | |
|---|--|
| <p><i>“Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.”</i></p> <p><i>Ephesians 6:17 NLT</i></p> | <p>DAY 6</p> <p>Fact: Sometimes life can feel a lot like a battle! Challenges, enemies, struggles, hardships—all those things add up to make us feel as if we’re fighting a war just to get through the day sometimes! The good news is that God knew the things we’d face and didn’t leave us to face them alone. He left us with His Word—the Bible—to be our weapon. When we’re faced with the battles of our everyday lives, we can lean on God’s Word to help us fight whatever the world throws at us. Write this short verse on your mirror. Say it out loud every day to remind you that you have access to the strongest weapon to fight your battles!</p> |
|---|--|

| | |
|---|--|
| <p><i>“Your word is a lamp for my feet, a light on my path.”</i></p> <p><i>Psalms 119:105 NIV</i></p> | <p>DAY 7</p> <p>Like so many things in life, sometimes memorizing Scripture is easier with the help of a friend! Challenge your Small Group to work toward memorizing this verse together this week. Text it, Snapchat it, or say it out loud to each other when you see it. See who can memorize it first and encourage each other to keep going with a new verse when you’ve got this one down.</p> |
|---|--|