

DAILY DEVOTIONAL

Break It Down / Week 4

<p><i>“Hold on to instruction, do not let it go; guard it well, for it is your life.”</i></p> <p><i>Proverbs 4:13 NIV</i></p>	<p>DAY 1</p> <p>The Bible contains lots of important instructions for us. Solomon, the author of Proverbs, tells us to not let this instruction go. He encourages us to hold onto it—to guard it in our minds. Think about all of the songs and movie quotes that you have memorized in your mind. Imagine how much of the Bible you could memorize, too! The more that we read the Bible, the more we’ll keep it in our minds. The more we have it in our minds, the better we’ll be able to remember this truth when we need it. Set a goal to memorize a few verses this week. Start with this one, reminding you of Solomon’s words to hold on to instruction and guard it well.</p>
<p><i>“You will seek me and find me when you seek me with all your heart.”</i></p> <p><i>Jeremiah 29:13 NIV</i></p>	<p>DAY 2</p> <p>Can you think of a time when you were promised something only to be let down? To have that promise broken? The good news is that we have access to a God who never breaks promises. His Word is filled with promises that He will always come through on in the end. One of those promises is here in Jeremiah: the promise that if we seek Him, we will find Him. What does that look like for you? Can you seek God through conversation with friends, spending time in His Word, praying, or connecting with Him in nature? Whatever that is for you, take a step this week to seek God, knowing He’ll be there just as He promised to be when you do.</p>
<p><i>“Give me understanding, so that I may keep your law and obey it with all my heart.”</i></p> <p><i>Psalms 119:34 NIV</i></p>	<p>DAY 3</p> <p>Many of the Psalms are actually prayers or songs written to God. In this verse, the author, King David, is asking God to help him understand God’s Word so that he can better obey what the Bible says. This simple prayer written thousands of years ago is one we can use for ourselves today. It’s one that we can use every time we go to the Bible. So, give it a try this week! Before you sit down to read your Bible, pray this prayer. Ask God to give you understanding so that you may follow His leading for your life. Then write down some of the understanding He gives you as you read. Keep track of what you’re learning in the Bible as you pray this prayer.</p>

<p><i>"He set the earth on its foundations; it can never be moved."</i></p> <p><i>Psalm 104:5 NIV</i></p>	<p>DAY 4</p> <p>God is so powerful. He created everything. As this Psalm says, He literally "set the earth on its foundations." And He did it so perfectly that it cannot be moved. What a comfort this can be to us! Sometimes life feels like it is falling apart around us. Things feel shaky and unstable. In those moments, we can remember that the same God who created and holds together every detail of the world also created and holds every detail of our lives. Take time to get outside this week. Pay attention to the details of creation around you. Let them remind you of the God who created and holds it all.</p>
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<p><i>"But I trust in your unfailing love; my heart rejoices in your salvation."</i></p> <p><i>Psalm 13:5 NIV</i></p>	<p>DAY 5</p> <p>You've probably been let down before by someone that you love. Maybe it was a parent, or a sibling, or even a best friend. The thing about God's love is that it won't ever let you down. When we read Psalms like this one, we can see that the author trusted in God's unfailing love. He could find joy knowing that the love God offered him was a love that wouldn't fail. And so can we! Today, spend time talking to God about what an unfailing love means to you. Thank Him for offering it to you. Ask Him to lead you to trust, find joy, and have confidence in the unfailing love of God.</p>
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<p><i>"Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."</i></p> <p><i>John 6:35 NIV</i></p>	<p>DAY 6</p> <p>We all need a few things to live. One of those is food, and another is water. If you've ever gone without food or water for a long time, then you know what it's like to be hungry and thirsty. Jesus often used comparisons like this one to teach us important lessons about Himself. Here, Jesus is telling us that He is just as important to us as bread and water. Without Him, we won't make it. But with Him, we'll have everything we need. Today, think about the needs you have that God has provided for. Things like a friend to share things with, a family who loves you, or a roof over your head. Start a list and add to it each time you notice a need God is meeting in your life.</p>
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<p><i>"Your word is a lamp for my feet, a light on my path."</i></p> <p><i>Psalm 119:105 NIV</i></p>	<p>DAY 7</p> <p>Repetition is so helpful in memorizing Scripture. The more you repeat, say, or see it, the more likely you'll be to remember it. Write this verse on a sticky note this week. Each day, move the note to a new place in your house where you'll see it. Each time you notice it in the new spot, work on memorizing it or saying it out loud on your own.</p>
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