

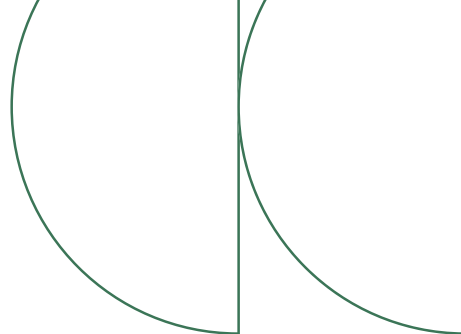
DAY 6

For once you were full of darkness, but now you have light from the Lord. So live as people of light!

Ephesians 5:8 NLT

Have you ever thought about how amazing it is that you can look up into the night sky and see not one, but countless stars, lightyears away? This is not only because they are so bright...but because they are surrounded by a complete and total absence of light. The contrast is so great that they stand out even from REALLY far away. When you start to live the good life, you will start to stand out in all the right ways. Not because you're desperately seeking attention or approval, but because God is doing things in and through you that are impacting those around you.

In the next class, practice, or rehearsal you have, ask God to show you how you can be a light.



DAY 7

Memory Verse: But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23 NIV

A great way to work at having the fruit of the Spirit show up in your life is to memorize Scripture. Spending time reading and reflecting on Scripture allows us to live out of our new identity when the voices from our old identity are strong.

This week write each "fruit" out in a vertical list, with one on each line. Then, next to each, write an example of what bearing that fruit would look like in your life.

DAILY DEVOTIONAL

FOR AN
everyday faith.

THE GOOD LIFE / WEEK 2

HIGH SCHOOL

DAY 1

Trust in the Lord with all your heart; do not depend on your own understanding.
Proverbs 3:5 NLT

Let's talk about flying in an airplane. For many, it's one of the scariest ways to travel, even though statistically speaking, it's the safest. Driving, biking, and even walking are WAY riskier. But most of us feel better with these because it's what we know, and we feel in control—and we like to be in control! But what if our need for control isn't always a good thing? What if, when it comes to our lives especially, wanting control is actually causing us to miss out?

Trusting God, as scary or out of control as it may seem, leads us to the good life. What opportunity could be on the other side of you choosing to trust God with something you haven't before?

DAY 2

But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you.
John 16:7 NIV

If you're overwhelmed at everything you think you have to DO to start living the good life, there's good news. You don't have to do it alone. Jesus has sent us a helper, the Holy Spirit. In a time where our world is as anxious and lonely as ever, we can trust that we are never alone, and never will be, because God is always with us through His Holy Spirit. Stay in step with the Spirit, and you will be transformed.

What is one area where you're feeling overwhelmed or alone today? Pause right now and ask God to remind you that whatever that struggle is, you're not alone in it.

DAY 3

But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

John 14:26 NLT

Have you ever watched a high school football game, or sat in the student section at a varsity football game? Depending on what your campus's school spirit is like, you may have seen people whose clothes, face paint, and hoarse voice are all indicators of which side they're advocating for. How wild is it to think that we have an "Advocate" who is FOR us in every way? The Holy Spirit is with us, desiring the best for us, and is leading us in the ways that lead to the good life.

Ask God if there is anything new for you to learn or something old God is trying to remind you of today that will help you live the good life.

DAY 4

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.

Galatians 5:16 NLT

Have you ever done something you know isn't good for you or someone you care about? And maybe you didn't even really want to? What is that? In this verse Paul calls it our "sinful nature," and we've all got one. It's that voice that tells us to just do what everyone else is doing, that nobody will know, or that it's just this one time... you know the cycle. It's easy to feel like we will be stuck in it forever. That's where the Holy Spirit comes in...the Spirit of God transforms us and makes us more like God. It's not about trying harder, but rather allowing the Holy Spirit to replace our desires with God's.

Ask the Holy Spirit to guide your desires and decisions today, big and small.

DAY 5

Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

Galatians 5:25 NLT

Written by Bella, age 17

From Cumming, Georgia, USA

When Jesus was speaking to his closest friends and followers he described the Holy Spirit to be our helper. Knowing the Spirit is our helper reminds me of something that happened recently. I went to the lake to just sit and relax. After walking for a while, I found a shore with some sand and shade trees. I started listening to some worship music as I walked and looked out into the water. Then...I slipped! I fell into the water. I definitely wasn't dressed to go swimming or prepared for how cold the water was. But, I just embraced the moment. I ended up swimming and having a blast, and I mean a blast, my laughter felt like it was echoing through the trees.

Even though I slipped and fell in, which could have ruined my day, I felt like God's Spirit showed me that the Spirit can always lead us to joy. Even though my outfit was covered in mud,

I was unaware of the stains and mess and instead focused on the happiness I was experiencing while just enjoying the lake. If I hadn't been open to something other than frustration in that moment, I wouldn't have been able to experience the joy in the mess. Since we live by the Spirit, let us keep in step with the Spirit. Today, when I go on walks, I'm reminded that the Holy Spirit is always working.

Today, think about some of the things that might be holding you back from experiencing life the way the Spirit invites you to. What are things that get in the way of joy, peace, kindness, etc.?