

DAILY DEVOTIONAL

MOODS / Week 1

“For everything there is a season, a time for every activity under heaven.”

Ecclesiastes 3:1 NLT

DAY 1

This Scripture pretty much covers it all, right? The ups and downs, the joys and pains—all of the stuff that comes with being human. As much as we may wish it were different, no one gets a pass on experiencing difficult things in life. No one gets to skip through the things that stress us out or bring on grief or sadness. But God promises that no one gets a pass on experiencing all the good things He has to offer either. We also get to experience the parts of life that make us happy and bring us joy. The next time you feel stuck in a difficult season, remember this verse. Try to memorize it to remind you that there are good things promised ahead.

“He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.”

Ecclesiastes 3:11 NIV

DAY 2

One of the best things about God is His ability to make all things beautiful—even our emotions! Believe it or not, God has a plan for your emotions and wants to use them to reveal things to you—good and beautiful things. Your emotions can lead you to discover new things about who God is and who He’s created you to be. If we can learn to pay attention to our emotions and turn them over to God, we’ll begin to see Him use them for great and beautiful things in our lives. Is there a particular emotion you find yourself dealing with a lot right now? Ask God to show you what He might be wanting to teach you about yourself or even Himself through it!

“Set your minds on things above, not on earthly things.”

Colossians 3:2 NIV

DAY 3

It’s easy to get wrapped up in the things that are happening around us, especially when those things are hard. Difficult circumstances or emotions have a way of taking over our thoughts like nothing else. But just like everything on the Earth, those things are temporary. Sure, they may feel like they’ll last forever, but as this verse reminds us, there is something—*someone*—we can access who lasts longer: God. He calls us to take our eyes off of the things that won’t last and put them instead on Him—the thing that will last forever. This week, when you find yourself focused on a problem or feeling in your life, stop and look up. Shift your focus and ask God to help keep your eyes on Him.

<p><i>“Guard your heart above all else, for it determines the course of your life.”</i></p> <p>Proverbs 4:23 NLT</p>	<p>DAY 4</p> <p>Feelings can be tricky. They have a way of making us believe things about ourselves, about others, and even about our circumstances that aren't always true. That's why it's so important to fill your heart with God's truth. Though feelings will come and go, truth never changes. So when you're struggling through difficult feelings or are tempted to believe something untrue about yourself, others, or God, you can go back to God's truth to remind you of what is real about yourself, your circumstances, and the God who loves you. Start today by memorizing this verse. Keep it as truth in your heart—there when you need to be reminded of what's true.</p>
<p><i>“How great is our Lord! His power is absolute! His understanding is beyond comprehension!”</i></p> <p>Psalms 147:3 NLT</p>	<p>DAY 5</p> <p>There's nothing worse than a broken heart. Whether it's from the grief of a losing someone you were close to, the sadness over a relationship ending, or the anger of something wrong happening, a broken heart has a way of making you feel completely devastated. The good news is you don't have to carry the weight of those feelings alone. You can take those feelings to God Himself. His power and understanding are so great that you can trust He will not only be with you in your feelings, but will help you heal from the pain you're experiencing. What's breaking your heart right now? Write it down or say it aloud to God in prayer, asking Him to stay with you as you feel and then help you to heal.</p>
<p><i>““Let's go across to the outpost of those pagans,” Jonathan said to his armor bearer. “Perhaps the Lord will help us, for nothing can hinder the Lord. He can win a battle whether he has many warriors or only a few!”</i></p> <p>1 Samuel 14:6 NLT</p>	<p>DAY 6</p> <p>Have you ever been in a situation where you felt outnumbered? That's exactly how Jonathan and his armor bearer felt in this verse. The worst part? They were facing a literal life or death situation! There must have been so much fear and uncertainty in this moment for both of them, but notice their mindset. No matter how much fear and uncertainty they were facing, they knew that God was bigger than what they were feeling. Instead of panicking, they turned to Him for help. What are you facing today that's giving you fear or anxiety? Write it down. After you've written it, rewrite this verse below it. Let it remind you that no battle is too big for God.</p>
<p><i>““There is no condemnation for those who belong to Christ Jesus.”</i></p> <p>Romans 8:1 NLT</p>	<p>DAY 7</p> <p>The Bible is God's Word. The more that we memorize it, the more we will think about it. And the more we think about it, the more opportunities we have to apply it to our lives. And the more we apply it to our lives, the more we become like God Himself. So this week, try memorizing this verse. To start, just write it down somewhere you'll see it often. Each time you come across it, stop and say it out loud, working to do more and more of it by memory each time.</p>