

# DAY 6

HEBREWS 12:28 NLT

Choosing to be grateful isn't always easy. Sometimes it's easier to find things to complain about than it is to find things to be thankful for in life. But when we choose gratitude—even in moments when it's difficult to do—we're choosing to worship God no matter what. We're choosing to focus on the good things God has done for us, not just when it's easy but every day! The good news? The more we do it, the more natural it will be to give thanks to God in all circumstances.

**In fact, start today! Make a list of things you're grateful for. Even if you can only come up with one thing, write it down! Then, add to your list every day this week. Let it be the start of making a habit out of worshipping God through gratitude.**

# DAY 7

PSALM 103:1-2 NLT

Fun fact: There are so many ways to worship God! From music and singing, to journaling and reflecting, to even serving or treating others with kindness, these simple, everyday things can be acts of worship to God. One of the coolest ways to worship is to know God's Word. When we memorize and meditate on verses that encourage us, we're worshipping God!

**So do just that this week! Put this verse to music, write it in your journal, listen to it on a walk, or share it with a friend. However you choose to connect with God, bring this verse into your worship this week.**

# DAILY DEVOTIONAL

FOR AN  
**everyday faith.**

EVERYDAY / WEEK 5

# DAY 1

PSALM 136:4 NLT

Even though God is at work in our lives each and every day, we can sometimes miss it. It's easy to lose sight of the things God is doing in our lives when we're focused on . . . well, everything else! As a middle schooler, your attention is constantly being pulled in a lot of different directions. Some of them are super important, and some of them aren't. But either way, they're competing for your attention. When we let them take the whole of our focus, we run the risk of missing the faithful, loving miracles God is doing in our lives every day.

**This week, make a habit of shifting your attention to look for God at work in your life. Write down a few things you see or experience God doing throughout your week. Maybe it's the birth of your new baby cousin, your ability to breathe, or the sun in the sky each day. Whatever you write down, thank God for working in your life as you do!**

# DAY 2

LUKE 10:27 NLT

What would your life look like if you put your focus on God? If you let God be the center of your attention, your worship, your day? If you made a habit to look to God first every day? Would you be kinder to your siblings? Worry less? Feel more at peace? Chances are you'd do all that and more. Because when you live with God at the center of your life, that means God's in every part, every detail, every day of your life. God's Spirit is with you to influence your choices, your feelings, your thoughts, and so much more for your own good.

**Today, pray that God would be the center of your life. Then, pay attention to the way your thoughts, choices, and even feelings change when you make the choice to focus on God first.**

## DAY 3

### PSALM 66:4 NLT

If you attend church, then you probably know that you can worship God in a group. We do this every week through music and song together. But did you know that you can also worship God alone? In the same way that you praise and learn about God surrounded by others, you can also praise and learn about God on your own. In fact, developing the habit of spending time with God on your own every day is one of the best things you can do to grow in faith, both now and as you grow up.

**This week, find a space where you can be alone and spend a little time worshiping God. Pray, read your Bible, listen to or sing a worship song at the top of your lungs, or write down a few thoughts in your journal. Let this be the start of making worship a habit in your everyday faith.**

## DAY 4

### 1 CHRONICLES 16:23 NIV

All the Earth is to sing praises to the Lord. That means that in the same way we sing songs to worship God, the flowers bloom and the sun rises to worship God, too. When we struggle to see or experience God in our lives, we can simply look at the world around us to see all of creation reminding us of who God is. Then, we can join the rest of the world in praising God!

**This week, look for how you see creation worshiping God. Pick your favorite time of day and head out on a walk. As you look at all that is around you, worship God in your heart and mind, thinking about the fact that all of creation is doing the same.**

## DAY 5

### 1 CORINTHIANS 15:57 NIV

*Written by Caleb, age 22 from Carbondale, Illinois, USA*

Sometimes, when working on my homework, I get a little glued to my seat. I usually become too focused on my assignments and too lazy to move. Eventually, though, I get hungry, so I ask for some help. My wife and I often get snacks for each other during homework sessions. Once one returns with food, the other always says, "Thank you."

This small scenario has motivated me to think more about thanks. Once my wife gets me food, I thank her because she has gifted me with something I needed. Yet, she deserves so much more thanks than that. I should not only take the time to say, "Thank you for the food," but I should also stop more often to say, "Thank you for everything you do for me. Thank you for your kindness, friendship, and love."

This realization has motivated me to start thanking people more, especially God. After all, God endlessly blesses, supports, and loves me. So, God deserves all the thanks I can give.

**Today, take a moment to thank others. When speaking to a friend or family member, thank them for everything they do for you. Most importantly, stop today to thank God for all the good you have in your life.**