

DAILY DEVOTIONAL

Vibes / Week 2

Do all that you can to **live in peace with everyone.**

ROMANS 12:18 NLT

DAY 1

Peace with everyone sounds nice, but also totally unrealistic. After all, Paul, who wrote this, didn't know your stepmom, your basketball coach, or your chemistry teacher. Peace with them is impossible. But the truth is, peace is always hard. And he doesn't have to know your specifics to know that asking to live at peace is a big ask. But he still does it. Why? Because Paul knows when we don't live at peace it effects more than just that one relationship. Tension with anyone overflows into every area of our lives. So when Paul tells us to live at peace for our own good. He wants us to live healthy lives and up to the best of our potential. And lives at peace are the best way to do that.

Today's challenge is to write down the name (or nickname) of someone you are having a hard time living at peace with. Spend time today praying for God to be present in that relationship specifically.

Whatever is good and perfect is a **gift coming down to us from God** our Father, who created all the lights in the heavens.

JAMES 1:17A NLT

DAY 2

Let's just be honest. It's far easier to focus on what we don't have, than what we do. But it's also true that focusing on what we don't have makes us miserable. It isn't exactly working for us. Seeing what we have in our lives as gifts from God changes the way we see our lives and our world. When we slow down long enough to practice gratitude for the good gifts from a good God, our perspective changes. We see good in places we have missed before. **Take five minutes and thank God for all the gifts of good things in your life. Then notice how your mood changes for the rest of the day because of showing intentional gratitude to God.**

What would happen if we looked at everything as a good gift from God? **Make it a point today to find three things around you to thank God for each time you want to complain about what you don't have.**

He lifted me out of the pit of despair, out of the mud and the mire. **He set my feet on solid ground and steadied me as I walked along.**

PSALM 40:2 NLT

DAY 3

This year has been full of unexpected change. And with change in life, comes a change of emotions. When the world feels like it is out of control, our emotions tend to follow. And with chaotic emotions, they can feel like they will stay that way forever. That's totally normal! But it's not true. Our emotions will change but this verse reminds us that God never changes. , God keeps our feet on solid ground.

Take a moment to walk outside today, get some fresh air, and let God refresh your soul. **Find a rock on your walk and keep it with you today to remind you that He has set your feet on solid ground.** When you feel particularly down, fearful, or angry, let the feeling of the rock remind you that these emotions are valid, but won't last forever.

<p>Give all your worries and cares to God, for he cares about you.</p> <p>1 PETER 5:7 NLT</p>	<p>DAY 4</p> <p>Think back on a time when you were facing something that felt so big and so overwhelming that you didn't think you would ever be able to deal with it. Chances are, you not only dealt with it, but looking back, it just doesn't seem as overwhelming as it did at the time. The thing about emotions is, they can make the moment feel like an emergency. And oftentimes, it's only with a little distance that we get the perspective we need. But when you are stuck in the moment where things feel out of control, God wants to hear from you. Even if He knows this "thing" won't seem that big of a deal later, because it is a big deal to you now, He cares about it.</p> <p>Take some time today to pray about the things that feel really big in your life right now. Maybe even talk to a trusted adult about them. Ask them: did they have the same kind of worries as you when they were your age? If so, how did they handle them? Write out 1 Peter 5:7 and carry it with you.</p>
<p>The Lord hears his people when they call to him for help. He rescues them from all their troubles.</p> <p>PSALM 34:17 NLT</p>	<p>DAY 5</p> <p>Marvel or DC Comics? Whatever your answer, we can all agree that having a superhero to save the day at the push of a button would be really cool. When we are particularly stressed out with homework and other activities, we could simply call on Iron Man to fly us out of the situation. But since Iron Man isn't sweeping in to save the day, what can we do? We actually have something better: A God who hears us and is with us, all the way through whatever we are facing. No matter what we are facing, God is close by.</p> <p>Take a moment tonight and take a picture of the sunset or something else in nature, then open up an app like "Over" and type Psalm 34:17 on top of it. Set it as your lock screen for the next seven days as a reminder that God is always with you, and always for you.</p>
<p>A hot-tempered person starts fights; a cool-tempered person stops them.</p> <p>PROVERBS 15:18 NLT</p>	<p>DAY 6</p> <p>Conflict is uncomfortable, and most of us would rather just avoid it. But the truth is, conflict is an inevitable part of relationships. There is no way around it, which is why how we handle it matters so much.</p> <p>The way we respond to conflict can either create more conflict or stop it where it is. We can be quick to anger or we can be quick to make peace. You get to decide the type of vibe you want to bring into conflict. This verse reminds us that it is better for everyone, and all of our relationships, to be a peacemaker rather than a pot-stirrer.</p>
<p>So now there is no condemnation for those who belong to Christ Jesus.</p> <p>ROMANS 8:1 NLT</p>	<p>DAY 7</p> <p>Write this verse on multiple sticky notes and place those sticky notes in random spots where you'll see the verse throughout the day.</p>