HOW TO USE THIS DEVOTIONAL

The title says it all. Every day you're hit by so many different voices. Information floods in from your phone, group chats, family & friends, and social media. Everyone tries to take up a little space in your mind, intentionally or by accident. All of this can get overwhelming, leaving you feeling like a drifting boat in the middle of the ocean. But God works differently. He isn't trying to overwhelm you with noise. His voice may be still and quiet, yet it is powerful over the waters. With His loving arm, He gently forms you into who He created you to be: His masterpiece. With His guidance, you can navigate through life with purpose and confidence. That's what these next 90 days are about.

The devotional is divided into three parts of 30 days each. In part 1, we'll discuss **your identity in Christ**. In part 2, you'll learn **how to grow in your relationships as a child of God**, and in part 3, we'll consider **the Word of God**. These are things that matter at this stage of your life.

The weekdays are short and simple, built to fit around school, sports, and everything else on your plate. But **Saturdays and Sundays** are different; look out for these **"Deeper Dives"** where you'll spend a little more time over the weekend, going further into a topic.

Try to do the devotionals first thing in the morning, before the day gets loud. If mornings don't work for you, find another time. Just try to read around the same time each day. A little bit of consistency will take you further than waiting for the "perfect" moment that often never comes.

You'll need a Bible for this journey (a hard copy or an app, whichever you want), in a translation you understand. Each day has four parts, marked by their own icon:



Memory verse — a short verse to learn by heart, not just read.



Bible reading — read every verse. Don't skip ahead.



Prayer — a starting point for your own conversation with God. Let it lead to more.



Reflection — an encouragement to think about what you've read.



Call to action — a nudge to actually do something with what you've read.

The commentary in between is there to help guide your meditation on the Bible verses. After reading, take a moment to think through all you have read and ask the Holy Spirit to speak to you specifically.

As you spend time with God through reading His Word and prayer, you will gradually be formed into the masterpiece you are. Now, let's get started!

PART 1

IDENTITY

DAY 1

MONDAY
KNOW YOUR VALUE



As for you, even the hairs of your head have all been counted. So do not be afraid; you are worth much more than many sparrows! (Matthew 10:30–31, GNT)



Matthew 10:26–31

Have you ever lost a strand of hair? Yes, we all have. Even those who take extra care of their hair do not know exactly how many strands they lose. God knows each time we lose just a strand of hair; we are that valuable to God.

You are valuable to God—every part of you is. It is good and comforting to know the God of the whole world cares about every detail of your life. Some young people look for value in friendship, fashion style, and perhaps academic performance. I am happy to inform you that God has labelled you valuable. You are worth more than a friend's approval or an academic achievement.

In today's passage, Jesus encouraged his disciples to trust him to take care of them because he cares for them. Knowing this will give them the boldness they need to stand up for Jesus even when the world is against them. Don't be afraid; you are valuable to God. God cares for the sparrow, and he cares much more for you.



Thank you, Jesus, for caring about me. Help me remember this as I go through the day.



How does knowing you're valuable to God make you feel?

DAY 2

TUESDAY

THE SPIRIT GOD GAVE US



For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. (2 Timothy 1:7, NLT)



1 Samuel 17:40–50

Goliath was the perfect picture of a superhero. Very tall, he was protected by a helmet, coat, and shoes all made of bronze. He also had extra weapons and a big mouth! No wonder the whole army of Israel, including the king, was afraid of him, except David. With God on his side, David, a small boy, brought mighty Goliath down with his sling and a stone.

Dear friend, the spirit God gives is not the one that makes us fearful. Many things and people can make us afraid. It could be exams, heights, darkness, rejection, public speaking, or a bully at school. No matter who or what, always remember that with God on your side, you can overcome the toughest situations in your life, because you have the spirit of power, love, and self-discipline.

Let me also remind you that sometimes, the people you look up to may be the ones who are most afraid. Instead of joining them in fear, remind them of God's promises and invite them to join you in trusting God to overcome all situations you are afraid of.



In Christ Jesus, I have the spirit of power, love, and a sound mind; nothing shall make me afraid.



What makes you afraid? Write it down and pray about it.

DAY 3

WEDNESDAY
WHO DO YOU FEAR?



We must obey God rather than people. [Acts 5:29b, CSB]



1 Samuel 15:12–23

The Bible reminds us that the fear of the Lord is the beginning of wisdom (Proverbs 9:10). On the flip side, the fear of man can lead to foolishness.

This is what happened to Saul in today's passage. Disobeying the instruction given through Samuel, Saul decided to bring some of the battle "goodies" back home because he was afraid of men (1 Samuel 15:24). Peter and the other disciples in today's memory verse were not afraid of people, and they chose to obey God rather than man. Because Saul feared man, he lost the opportunity for his family to occupy the throne of Israel forever.

The fear of man can prevent you from making the right choices; the fear of God will protect you and guide you to make wise decisions. The reason is simple: you always obey the person you fear most. If you disobey God because you're afraid your friends will leave you or laugh at you, then you must assess your priorities. It is *always* better to obey God than to make people happy with you. Try to remember that today.



Dear Lord, help me to fear you and honor you more than any other person in my life.



Think of something you do because of someone else's influence and ask yourself whether it honors God.

DAY 4

THURSDAY
YOU CAN DO ALL THINGS



I can do all things through Christ who strengthens me.
(Philippians 4:13, NKJV)



Esther 4:9–17; 5:1–3

Esther was a young girl from Israel who became queen in another country; she was married to the most powerful king in the world at that time. That was already a big achievement, but God had bigger plans for her. She was afraid to go to the king without an invitation, but she was bold enough to do it anyway. God rewarded her boldness, and Israel was saved through her.

You do not need to live in a palace for God to do great things through you. God can touch lives in your school, neighborhood, church, and family through you. You can do great things through the strength of God, no matter your status, race, or gender. It can be as simple as being kind to a new kid in school, and as difficult as taking an exam that most people fail.

Remember, you can do all things, not because you're the smartest, fastest, or richest, but because the all-powerful God has given you strength. Are you thinking about doing something that feels impossible for you? Then go for it! You can do all things through Christ.



Thank you, Lord, for giving me the strength to be all that you want me to be.



Do you have an assignment or project you have been struggling with? Remember, God gives you the strength to deal with it.

DAY 5

FRIDAY

YOU HAVE SOMETHING THE WORLD NEEDS



Each of you has been blessed with one of God's many wonderful gifts to be used in the service of others. So, use your gift well. [1 Peter 4:10, CEV]



John 6:1–13

Who would have imagined that a young boy's simple lunch could feed more than five thousand people? It sounds unbelievable, but it shows that God can use anything we offer him, no matter how small it seems.

It's easy to feel like you don't have much to give. Maybe you don't have money, influence, or special skills like others you see online or at school. You might compare yourself to others and feel like you're not "good enough." But that's not the truth.

The truth is, everyone has something valuable inside them. It could be your kindness, your voice, your creativity or your encouragement. The real question is: are you using it? Don't hold back. Help someone, speak kindly, smile, or stand up for what's right. When you offer what you have to God, he can multiply it in ways you never expected.



I thank you, Lord, for the gifts you have blessed me with. Help me use them to glorify you always.



What are your gifts? How can you use them well?

DAY 6

SATURDAY

CONTENTMENT: WHAT IT MEANS



Yet true godliness with contentment is itself great wealth.
(1 Timothy 6:6, NLT)



1 Timothy 6:1–10

I have some family members who love good perfumes. They'll promise their latest purchase is the last for the year—then somehow find themselves back at the store, staring at another bottle. Honestly, I can relate... just not with perfumes. We all want more for different reasons: someone else has it, you actually need it, you can afford it, you want to outdo someone, or there's a new product. The list never ends.

There are so many areas where contentment matters: your clothes, shoes, school, parents, grades, relationships, family, home, looks, skills, and talents. For now, let's focus on what contentment really means and how we can practice it as children of God.

The Cambridge Dictionary defines contentment as being happy and satisfied, often because you have what you need. But the Bible's meaning goes deeper. Contentment is something you learn by trusting God completely for all you need and desire. Paul is a great example: he spoke a lot about contentment and lived it. In 1 Timothy 6:6–8, Paul wrote that we should be content with having food and clothing. Yet he raises the bar with his own life example: he was content when hungry or full, with little or with enough.

Contentment doesn't mean you stop aiming to better yourself or grow. It means being grateful for what you have, while reaching for more. Paul wasn't lazy; he worked hard, even making

tents to support himself (Acts 18:1–3). Contentment isn't rejecting blessings or settling for less than God's plan. It's receiving with gratitude, without depending on things or people for your joy.

Content people look to God as their source. They're not jealous when others have more, and they're not defined by what they lack or have. Don't assume you'll be content when you have everything, because even the rich and successful can feel empty. It all comes down to how much you rely on God for strength. So today, ask yourself: Am I truly content? And why?

Enjoy your weekend!



Lord, I am grateful for what you have blessed me with. Help me to remain content.



When you next want to buy something, ask yourself: "Am I content?"