

DAILY DEVOTIONAL

FAM / Week 2

"The Lord is near to all who call on him, to all who call on him in truth."

Psalm 145:18 NIV

DAY 1

Are you ever surrounded by family, yet still feel alone? Maybe it's because you feel like your parents don't get it, or your siblings just don't understand you, or the people you live with are completely different than you are. Surrounded by people, it can still be easy to find ourselves feeling left out, isolated, or misunderstood. The good news is that no matter what your family looks like or how you feel in your family dynamic, God promises to be with you. He is never far. And when we call on Him, He promises to answer. So today, take time to do just that! Talk to God and tell Him how you feel. Ask Him to remind you that He is with you and near you always.

"And why worry about a speck in your friend's eye when you have a log in your own?"

Matthew 7:3 NLT

DAY 2

It's easy to point a finger at someone else, isn't it? When we're hurt, mad, or frustrated, it's easy to blame the entire thing on the person who caused us pain. But remember, for everything we see wrong in someone else—for all the blame we put on them—there's something in ourselves we can work on as well. Nobody is perfect, so rather than focusing our energy on what we want to fix in others, we should focus it on what we can do for ourselves. How can we become better friends, better family members, better people? Let's put our energy there! This week, instead of looking at what you want from others, practice developing those things in yourself.

"Be completely humble and gentle; be patient, bearing with one another in love."

Ephesians 4:2 NIV

DAY 3

When it comes to our families, sometimes it's easy to think they'll never change—that what bothers us about them today will still be an issue tomorrow. But here, Paul tells us to be patient with those we love. That means that instead of giving up hope that they'll change or things will be different, we can choose to be patient and loving as we trust God to do the rest. Share this verse with a trusted friend or Small Group Leader this week. Tell them about something or someone in your family you're working to have more patience and love toward, and ask them to help point you to this truth when you need it.

<p><i>“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”</i></p> <p><i>Colossians 3:12 NIV</i></p>	<p>DAY 4</p> <p>Do you own a piece of clothing that you love? Not because it looks great or is the most fashionable, but because it’s comfortable. It fits you just right! In the same way we can put on our comfiest piece of clothing, God asks us to clothe ourselves with things that bring that same comfortable feeling to the people around us. Things like compassion, kindness, trust, patience, and more. Putting those things on will not only make you feel better, they’ll make the people around you feel better as well. So, the next time you feel anger, frustration, disappointment, or hurt creeping in, take it off. Put something new on. Pick just one quality on this list and focus on wearing that well in your life this week.</p>
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<p><i>“Let us not become conceited, or provoke one another, or be jealous of one another.”</i></p> <p><i>Galatians 5:26 NLT</i></p>	<p>DAY 5</p> <p>We often compare ourselves to those we’re closest to—our siblings, our best friends, the kids on our team, the people who live in our homes. The temptation to compare who we are or what we have to the people around us is real. And the worst part? Eventually the comparison causes conflict in those relationships. It breaks up our fam! So, what do we do? We can choose a better way. Instead of jealousy, we can focus on the good things that not only we have, but that the people we’re close to have as well. This week, find a way to celebrate someone in your fam who you usually compare yourself to. Watch how doing that changes the way you see both them and yourself.</p>
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<p><i>“Sensible people control their temper; they earn respect by overlooking wrongs.”</i></p> <p><i>Proverbs 19:11 NLT</i></p>	<p>DAY 6</p> <p>The people we love know how to push our buttons better than anyone else, right? Nobody can get on your nerves like your fam! They know just what bugs you, frustrates you, and sets you off. And sometimes, they give into the temptation to push those buttons and make you mad. While we may not be able to control what others do, we can control how we respond. In other words, we can control our tempers. The next time you feel yourself getting angry, step back and talk to God about how you feel. You don’t have to fight back or slam doors. Instead, you can choose to let it go and move on.</p>
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<p><i>“By this everyone will know that you are my disciples, if you love one another.”</i></p> <p><i>John 13:35 NIV</i></p>	<p>DAY 7</p> <p>Working to memorize this verse this week? Try putting it to a song. Memorize the words to a familiar tune and sing it to yourself a few times a day, helping you commit God’s truth to memory in a unique and creative way.</p>
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