

# DAY 7

Jesus Christ is the same yesterday, today, and forever.  
Hebrews 13:8 NLT

Fact: We can't control the way our lives change. We can't always control the things that happen to us. We can't predict the unknown stuff we might face. But what we can do is remember what is true. We can hold on to what we know never changes, and that is God. Verses like this help us do just that!

**Give memorizing it a try. Text it to an adult you trust to start. Ask them to help you work to memorize it, and talk to them about what it means to them to know God never changes.**



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# DAILY DEVOTIONAL

FOR AN  
**everyday faith.**

Into the Unknown / Week 1

MIDDLE SCHOOL

## DAY 1

Get all the advice and instruction you can, so you will be wise the rest of your life.

Proverbs 19:20 NLT

Have you ever been looking ahead to a big change in your life and needed someone else to help you walk toward it? Sometimes the best thing we can do in facing change is to look for wisdom to help us. This Proverb reminds us of that truth! Because God wants you to live your best life, part of that is listening to wise advice to help you when you're facing the unknown. That's why it's so important that we choose to listen to people in our lives who will push us toward what's best for us no matter what.

**Think about a friend who does that for you. Write their name down, and write a note thanking them for the way they help you move toward God's best for your life. Then, actually send them a text, or tell them in person!**

## DAY 2

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 NLT

Paul was onto something when he wrote this verse! He said that God could change who we are by changing the way we think. Our actions follow our thoughts. And that means that if we want to change something about our actions, we have to start by changing our thoughts. We can do this by beginning to trust God with our thoughts. God wants what's best for us in all ways, and that includes every thought we have!

**Is there one area of your life you want to see change? Write it down below. Write out a prayer to God asking to help you change your thoughts about that part of your life first.**

# DAY 3

**My salvation and my honor depend on God; He is my mighty rock, my refuge.**

**Psalm 62:7 NIV**

If you've ever found yourself facing an unknown or uncertain thing in your life, then you know just how scary that can feel. When dealing with potential changes like that, you can feel anything but safe and secure. That's why it's so important to turn to God in the middle of the unknown in your life. God is mighty, strong, and a safe place to run to when we face challenges or need help with the changes we're looking at.

**Memorize this verse as a reminder of what you can know to be true: You can depend on God in the unknown. Write it down over and over until you can remember it.**

# DAY 4

**See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.**

**Isaiah 43:19 NIV**

Sometimes new things can be exciting. New shoes, new friends, new sibling, new summer camp. But other times, new things can be scary. New school, new family member, new house, new small group leader. These things feel unknown... and not in a good way! When we find ourselves facing new things, whether they are exciting or scary, we can remember that God is with us. In the middle of what may seem confusing, frustrating, or even lonely, God is there and working to make things good! We just have to ask for God's help to see it.

**Right now, take one minute to thank God for being with you and working for your good in the middle of the changes in your life.**

# DAY 5

**And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

**Philippians 4:7 NIV**

A new spot on the team. Finding friends at school. A new step-parent at home. A growth spurt in your body. All of these things are examples of changes that middle schoolers might be dealing with every day. And I don't know about you, but that much change can leave anybody feeling stressed out and overwhelmed. The good news is that while we can't always control the things that stress us out, we can control the way we respond. We can turn to God to bring us peace that is so powerful, it can transform even your most stressful situations.

**Write out your schedule for the day and the week. Then spend some time asking God to bring peace into your most stressful moments or difficult changes.**

# DAY 6

**When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. Isaiah 43:2 NLT**

*Written by MaKayla, age 15 from Carrollton, Georgia, USA*

It's hard to go through change. When we get so used to how things are and then things change, we can struggle with the uncertainty and unknown about how things will be in the future.

Going from elementary school to middle school was really hard for me! I had been in the same routine for five years, and the change really shook me up. I had a new school, new teachers, a new schedule, and had to make new friends. I didn't know what to do in the middle of all those changes!

But it's in the middle of changes and unknowns that we can rely on God. God is who we can trust when everything around us is shaken up. God is constant when everything in the world changes. In the midst of a lot of changes, God will never change.

God promises to never leave us, to comfort us, and to walk with us. We were never meant to go through this life alone. When our normal is shaken up, God will walk alongside us, comfort us, and guide us every step of the way.

**What's one change happening in your life right now? Today, thank God for never changing as you go through that change in your life.**