

DAILY DEVOTIONAL

None of Your Business

WEEK 1

SEX IS GOOD, AND SEX IS POWERFUL.

“But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul.”

DEUTERONOMY 4:29 NIV

DAY 1

Not being able to hear someone can be frustrating. Maybe you’ve struggled to hear a friend at the end of the hallway, a parent in a different room, or even a coach yelling from the sidelines. When you can’t hear what someone is saying, you risk missing out on something important—something they want to say just to you. The same is true with Jesus. He is always speaking, always teaching, and always there to show us His ways. We just have to tune our ears to His voice and focus our attention on His message, so that we’ll not only hear it, but be able to understand and apply it to our lives. How can you make sure you’re tuning your ears to the message God has for you?

“Be devoted to one another in love. Honor one another above yourselves.”

ROMANS 12:10 NIV

DAY 2

Another way to think about the word “honor” is to see it as “value.” When you honor someone above yourself, it means you value who they are and what’s best for them more than what you want from them. This is especially important when it comes to something like dating or relationships. Instead of thinking about what we want from the other person, we can value them by putting what they want or what’s best for them first. Doing this will not only change the way you treat the other person, but it will change your relationship (and you!) for the better. Who is someone in your life that you care about? How can you show you value them by putting them first this week?

“You were bought at a price. Therefore honor God with your bodies.”

1 CORINTHIANS 6:20 NIV

DAY 3

Imagine you just bought something you really wanted, spent a lot of time saving for, and paid a lot of money to have. You’d probably take really good care of it because you paid such a high price for it, right? Well, that’s the way God sees each one of us. He paid a high price for us—the price of His Son, Jesus. And because of that, He wants us to treat ourselves like we have value. Part of that means making choices that respect and honor our bodies—that we see ourselves the way God sees us. Think about what it might mean for you to value yourself and honor your body. Then, talk to your Small Group Leader about your thoughts.

“God’s will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor.”

1 THESSALONIANS 4:3-4 NLT

DAY 4

Staying away from sexual sin can be difficult in today’s world. That’s because we have more access to things that might cause us to run into sex outside of God’s design than we’ve ever had in the past. This verse reminds us that God wants us to live honorable and full lives, and part of that includes avoiding things that aren’t His best for us in all areas, including sex. Setting clear and healthy boundaries to help you avoid things that aren’t good for you is a great first step. So, ask yourself: What’s one thing I struggle with when it comes to sex or sexual sin? Then, ask a trusted friend or Small Group Leader to help you set a boundary to avoid it.

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

PSALM 139:14 NIV

DAY 5

Have you ever thought about the fact that you were created by God? Not just that, but when He created you, He called you wonderful? While we might believe this to be true sometimes, more often than not we struggle to see ourselves the same way God sees us. Whether it’s because of difficult circumstances, painful words, or bad experiences, we’ve lost sight of the wonderful creations God says we are. To help you remember who you are and just how wonderfully you’ve been made, memorize this verse. Then, repeat it to yourself anytime you see yourself as anything less than the wonderful creation you are!

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WEEK 2

TECHNOLOGY IS GOOD, AND TECHNOLOGY IS POWERFUL.

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

1 CORINTHIANS 10:13 NIV

DAY 1

This much is true: We’re all going to face temptation in this life. We’re all going to be drawn to things that aren’t good for us. We’re all going to want to give into things that aren’t God’s best for us. The good news is that, just as this verse reminds us, we don’t have to go through it alone. When we are tempted, God will provide a way out. When it comes to temptation, where do you find yourself needing the most help? Talk to a parent, trusted friend, or Small Group Leader about it, and ask them to help you come up with a plan to make sure you get the help that God promises to give.

“So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.”

GALATIANS 5:16 NLT

DAY 2

Doing the right thing isn’t always easy. In fact, it can seem impossible sometimes! Believe it or not, God knew that we’d struggle to make wise choices for ourselves from time to time. That’s why He didn’t leave us to do it alone. He gave us His Spirit to provide us strength, wisdom, and guidance to make the right choice, even when it’s difficult to do. All we have to do is ask for His help! So today, do just that. Spend a few minutes praying, asking that He would guide you in your life and help you do what’s best for you even when it’s hard.

“As water reflects the face, so one’s
life reflects the heart.”

PROVERBS 27:19 NIV

DAY 3

Just as a mirror reflects who we are on the outside, the way we live reflects who we are on the inside. Our actions show what’s happening in our hearts. So, if we want to change something about the way we live—a habit we have, a temptation we struggle with, an action we want to stop—then we have to start from the inside out. We have to start with the heart. And the best way to change our hearts is to ask God for His help. This week, commit to spending daily time with God. Maybe reading your Bible, listening to music, praying, or simply going for a walk. Take note of how your heart begins to change as you give more of it to God.

“I have the right to do anything,” you
say—but not everything is beneficial. “I
have the right to do anything”—but I
will not be mastered by anything.”

1 CORINTHIANS 6:12 NIV

DAY 4

Imagine being given a year’s supply of your favorite candy all at once. You can eat as much as you want whenever you want. But you’re not going to eat it all at once, right? You know that’s not what’s best. The same is true with most things in life. For the most part, we have the ability to do what we want, but doing that may not always be the best thing for us. So instead of thinking about what we *can* do, we should shift our thinking to ask: *What’s best for me to do?* The next time you’re faced with a temptation to do something that may not be wise, go for a walk. Give yourself a pause to think about what’s best for you.

“This is my command: Love each
other.”

JOHN 15:17 NIV

DAY 5

This simple sentence is a pretty big deal. Here, Jesus tells us to love each other. That’s not just His suggestion; it’s His command. And He commands us to do it not because He wants to boss us around, but because He knows what’s best for us. He knows that if we want to have the best lives and healthiest relationships, then we have to love one another first. Think about your school, your team, your friend group, your relationship, or your family. How could those relationships or places be made better if you chose to put loving others first? Pick just one area of your life and make a step to lead with love in that place this week.