

# DAY 6

**MATTHEW 6:33 NIV**

This isn't true of everyone, but for some people, a relationship is something they really want. When we want something badly, it gets our energy, time, and attention. Maybe that's why we're encouraged to "seek first" what God says is best. When you pour your energy, time, and attention into what God says is best, the rest of your life is impacted, including your relationships. So, whether you're in a dating relationship or only interested in friendships, what would it look like to "seek first" what God says is best over everything else?

**Today, talk with a trusted adult and ask them how seeking God first has impacted their own lives and relationships.**

# DAY 7

**ROMANS 12:2 NLT**

God can change the way you think about everything. Transforming the way we think about dating and relationships impacts the way we treat ourselves and others every day. That's why it's important to keep God's Word in our minds and allow it room to transform our thoughts.

**Today, write this verse somewhere you will see it regularly. When you see it, say it out loud as a way to memorize the words. Remember that God cares about every area of your life and wants to help you approach your relationships in the ways God says are best!**

# DAILY DEVOTIONAL

FOR AN  
**everyday faith.**

POTENTIAL / WEEK 2

HIGH SCHOOL

# DAY 1

**EXODUS 20:3 NIV**

Do you remember those Where's Waldo books? You may hyper-focus on one part of the picture, staring too close and losing your ability to see around that spot. Once you realize it, you can step back and see the bigger picture, sometimes finding Waldo immediately! Something similar can happen when you make someone the main focus of your life and heart. It feels hyper-focused, and your perspective on other areas can become distorted. It's healthy to zoom out every now and then and make sure you aren't giving someone more importance in your life than is needed.

**Today, take time to pray, asking God to help you zoom out and find the right perspective as a check-in!**

# DAY 2

**PSALM 34:17 NIV**

If there's one thing we all know to be true, people can disappoint us. We sometimes disappoint one another, whether we mean to or not! So it's important to keep our expectations in check. If we want to walk in understanding and forgiveness when those things inevitably happen, we have to follow Jesus more closely than anyone else. The one person who can equip our hearts when people disappoint us is God.

**Today, consider if you've been putting too much pressure on any one person to meet your expectations. Remember that we're all human, be patient, and know that God is with you even if another person lets you down.**

## DAY 3

PSALM 139: 13-14 NIV

One thing that happens in real life, in movies, and maybe in your school or friend group is that one couple becomes one person. Once they start dating, they never do anything without each other. While the fun dating stage is sweet, there's also a side to be cautious of. When you forget independence or toss your boundaries out the window, those can be signals to take caution. We're instructed to guard our hearts, and one of the ways we can do that is by keeping true to who we are, even in our relationships.

**Today, make a list of things that make you uniquely you. Keep it with you so you stay true to those amazing traits God gave you.**

## DAY 4

EPHESIANS 1:4 NIV

Have you ever experienced someone introducing themselves as someone's significant other? Look, there isn't anything wrong with this, but it reminds us that it's possible to tie our own identities to our relationships. It's possible to start defining your worth by a relationship. When we do, we start handing over our worth to someone who isn't supposed to carry it. Only God is capable of carrying our worth and reminding us of our true value as people created by God.

**Today, ask God to show you if you have been tying your value to anything other than that God created you, loves you, and sees you as valuable.**

## DAY 5

EPHESIANS 5:18-20 NIV

*Written by Caleb, age 22 from Carbondale, Illinois, USA*

One Sunday, when I was sixteen, I felt awful. The night before, I had a massive falling-out with some of my only friends, which left me feeling more alone than ever.

So, when I went to church that day, I wanted to leave before worship started. I longed for bedsheets and sad music on repeat. Then, as the worship band started the first song, my dad started singing with a bassy and obnoxiously loud voice filled with vibrato.

I have heard my dad's "singing voice" for years. Yet, on that day, when my dad reached for a high note with an off-key belt, I started laughing and asked him, "Why do you always sing so loud?"

To my surprise, my dad laughed with me and responded, "I guess, sometimes, that's all I can do."

The older you get, the more you realize that sorrow and struggle are everywhere. But, when you find yourself knee-deep in the misfortunes of this world, turn to God, and he will fill you with his music.

**Today, no matter your struggles, pray to God and ask him to fill you with music, laughter, and joy.**