

DAILY DEVOTIONAL

Trending / Arguing

*“O Lord, you are so good, so ready to forgive,
so full of unfailing love for all who ask for your
help.”*

Psalm 86:5 NLT

DAY 1

If you want to learn to forgive people you may have argued or disagreed with, look no further than God. He is always ready, willing, and able to forgive us, no matter what we've said or done. And because of that, we can forgive others in the same way. It's not easy, and it certainly doesn't excuse the things they may have done or said to us. But it helps us show God's love to others in the same way He shows His love to us—through forgiveness. Is there someone in your life you're struggling to forgive? Someone whose words or actions have hurt you? Pray that God would remind you of His forgiveness so you can extend it to that person this week.

“This is my command: Love each other.”

John 15:17 NIV

DAY 2

Some people can be hard to love. The ones we disagree with, the ones whose words have hurt us, the ones we just can't seem to get along with—when we think about those people, it makes following Jesus' command to love each other feel nearly impossible. But just because they're difficult to love doesn't mean we're off the hook. Showing kindness to everyone around us is one of the best ways to show them we care, not just about them but about the God who calls us to love them. Take time today to talk with a trusted friend or adult about how you can work on loving the people in your life who feel hard to love.

*“Your kindness will reward you, but your cruelty
will destroy you.”*

Proverbs 11:17 NLT

DAY 3

At times, middle school can feel like a pretty cruel place. People whispering behind each other's backs, bullies posting mean comments on Instagram and Snapchat, friends calling each other names in arguments—it's almost as if nobody cares about the weight of their words at your school! Well, believe it or not, you can be the one to make the difference. Just like the author of this Proverb said, choosing a kind word can change things. It will not only benefit the people around you, but it will benefit you as well. This week, make the effort to change the tone in your middle school. Practice choosing and using kind words, and pay attention to the way it begins to impact those around you and even yourself as well.

<p><i>“How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”</i></p> <p><i>Matthew 7:4-5 NIV</i></p>	<p>DAY 4</p> <p>Jesus uses a pretty strange illustration here. I mean, can you imagine dealing with a giant piece of wood in your eye? Ouch! It may sound crazy, but Jesus was making this important point: If we want others to see how they’ve hurt us, we have to first look at how we may have hurt them. We can’t expect others to use their words wisely with us if we don’t first use our words wisely with them. It starts with us. So, this week, ask God to show you where you may not be using your words well. Ask Him to remove the “plank” in your life so that you can see clearly where and how you need to change going forward.</p>
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<p><i>“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”</i></p> <p><i>Romans 15:13 NIV</i></p>	<p>DAY 5</p> <p>When our hearts are filled with good things like peace, and joy, and hope, those things can overflow out of us. They’ll come out in our words and in the way that we treat others. But when our hearts are filled with other things? Things like anger, hate, and frustration? Well, those things can overflow in your words and actions, too. So, the question is this: What overflow do you want for yourself? Take time this week to fill your heart with good things. Read the Bible, listen to worship music, talk to a friend who encourages you. Remember, the more you fill yourself with good things, the better your overflow will be.</p>
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<p><i>“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”</i></p> <p><i>Isaiah 26:3 NLT</i></p>	<p>DAY 6</p> <p>No matter how hard we try to get along with everyone else, disagreements are going to happen. Your best friend will hurt your feelings. An adult is going to frustrate you. You’re going to disappoint your coaches or teachers. And when those things happen, the disconnect or disagreements in our relationships cause us to feel anything but peaceful! That’s why what Isaiah wrote is so helpful. In the midst of conflict, we can find perfect peace when we focus our thoughts on God. He will not only help us find peace in the middle of conflict, but, if we ask Him, He’ll give us what we need to work through it and make our relationships better in the long run.</p>
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<p><i>“Everyone should be quick to listen, slow to speak and slow to become angry.”</i></p> <p><i>James 1:19b NIV</i></p>	<p>DAY 7</p> <p>Memorizing Scripture is a great tool to help you handle conflict. It’s great to have in your mind so that when you find yourself in an argument or faced with a disagreement, the verse will be there to help you handle it the right way. This week, write this verse on your bathroom mirror with a dry erase marker. Read it out loud three times each day, working to commit it to memory. By the end of the week when you erase it, say it out loud by memory, showing yourself that you know it and can use it to guide you when you need it next.</p>
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