

DAY 6

. . . But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

1 Corinthians 6:11 NIV

This might not be true for all of us, but some of us might experience some form of regret or shame because of past decisions we've made about sex. Maybe, in our most honest moments, we think that God could never be good with us because of the things that we have done. If you ever feel that way, don't miss the powerful reminder from the Apostle Paul in today's verse. Jesus has forgiven you and washed you of EVERY thing you've done wrong, no matter the severity or frequency. Are there consequences for our actions? For sure. Does that mean that God can't stand you? Definitely not. Because of Jesus, we are no longer defined by what we've done, or our pasts. Instead, we are now defined by Jesus and who He says we are.

Today, pray and thank God for forgiveness. Ask to be reminded of where you truly stand with God—as someone who is forgiven, loved, and set apart for good things.

DAY 7

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

1 Corinthians 6:19-20

When you think of the word temple what comes to mind? Maybe you envision a grand or beautiful place that feels important and meaningful. God wants you to know that your body is a temple for the Holy Spirit, and you're invited to treat it with the kind of care that something important deserves. This means that we are to be wise in how we treat our bodies, and we're instructed to honor God with how we use them. When we are tempted to use our bodies in ways that do not bring honor to God, remembering this verse can be a powerful way to remind us that our bodies have significant value.

Today, write this verse down somewhere and then write out a short explanation of what it means to you. Then, finish your journaling by writing out the verse one more time. Use this writing practice as a way to memorize this verse. Then, remember that you can recall it in moments you need to be reminded of what's true about you.

DAILY DEVOTIONAL

FOR AN
everyday faith.

[THIS IS OUR SEX TALK] / WEEK 1

HIGH SCHOOL

DAY 1

God saw all that He had made, and it was very good. And there was evening, and there was morning—the sixth day.

Genesis 1:31 NIV

On the sixth day of the creation story in Genesis, the author writes that God created people, and then described them as "very good." This description would be reflected in every part of God's design for humans, including sex. Maybe this is a new way of thinking about sex, but from the very beginning, it was a part of God's design. We often shy from this topic in church, but God wants us to know that sex is a good thing. It was God's idea! In the same way that God has a plan for our lives, God also has a plan for how we handle sex.

Today, think about God's perfect creation where everything worked together perfectly. Look around you and consider the ways life is supposed to be, compared to how it often is. Then write down some of the ways you hope to experience life the way God created you to.

DAY 2

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

John 10:10 NIV

Everywhere we look (movies, music, advertisements, etc.) we are being told what to think and believe about sex. There are plenty of ways to think about sex that try to rob us of its true goodness and power. These kinds of ideas can lead us to believe that sex is merely a casual encounter and only about temporary satisfaction. Yet, God designed sex to be good and powerful. The good news is that even when we hear different messages about sex, we can choose to live with sexual integrity. We can choose to treat sex as good and powerful, and when we do, we might just experience life more fully.

Today, write out the different messages you encounter on a daily basis that attempt to shape your thoughts and opinions about sex. Which of them point to sex being good and powerful and which of them try to rob sex of its real purpose?

DAY 3

Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name"

Psalms 86:11 NIV

As we follow God, we're going to mess up somewhere along the way. If you've ever felt like you were the only one who hasn't got it perfect, the good news is you're not alone. The Psalms are a great place to find others who lived with the same emotions, experiences, fears, and doubts that you have. In Psalm 86, David asks God to give him a heart focused on God's ways and not his own. Often, in our moments of weakness, the best thing to do is to reach out to God and ask for help getting us through our struggles.

Today, carve out two minutes to stop and talk to God about anything you're struggling with. Ask God to give you wisdom and a heart that is focused on what God says is best. Remember, God doesn't meet you with shame but welcomes you into a conversation with love

DAY 4

The way of fools seems right to them, but the wise listen to advice.

Proverb 12:15 NIV

If you want a driver's license, you have to take some form of driver's education. One of the lessons you're taught is that cars have "blind spots," or areas where it is impossible for you to truly see what is really there. The truth is humans have blind spots too. There are areas in our lives where we have a hard time seeing what is truly best for us. As Proverbs 12 reminds us, we can do a pretty good job of convincing ourselves that whatever we want is best for us, even if that isn't always the case. Thankfully, there's a better option: We can listen to good advice. In fact, this is the wise thing to do. So, what would it look like for you to seek more helpful and trustworthy advice?

Today, make a list of people you trust to give you advice or guidance when navigating a complicated or difficult situation. Then, come up with a plan to talk to someone within the next week about one complicated situation you're currently facing.

DAY 5

For the whole law can be summed up in this one command: "Love your neighbor as yourself."

Galatians 5:14 NLT

*Written by Katie, age 16,
from Buford, GA, USA*

What is the first thing that comes to your mind when you hear the word "love"? You may think of a crush or the love that you have for your favorite ice cream, but Jesus invites us to a deeper love—a sacrificial love. In the original language, this verse was written in (Greek), and "love" in this passage is "agape." Agape is the Greek word that describes God's immeasurable, unconditional, and pure love. It's the love that compelled Jesus (God's Son) to give up His life for you and me. This is the love that Jesus is inviting us to share with others when He says, "Love your neighbor as yourself." So, how can we "agape love" our neighbors as ourselves?

By choosing to live a life that puts others first, we can love those around us well. By the way, this is exactly what Jesus did. When we show empathy,

compassion, and respect towards the people in our lives, we can share Christ's love with them. Jesus was the perfect example of how to show "agape love" to those around us. He lived a selfless life so that He could illustrate for us how to love our neighbors.

What is one thing you can do this week to love someone around you? For you, it may mean helping an elderly neighbor with yard work. Or it may mean praying for a friend who is going through a difficult time. It could even be choosing not to complain when your parents ask you to do the dishes. Whatever it is, I challenge you to choose it and stick with it, and soon you will see how valuable it is to "agape love" those around you.

DAY 6

If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

Matthew 5:29 NIV

Yikes! Pretty intense, huh? The imagery of Jesus' words was meant to get our attention. Jesus is not advocating harming yourself, but He is trying to show us how serious sin can be. Sin is missing the mark on what God says is best. And according to Jesus, if something is continually causing you to sin, the best way to handle it is to simply remove it from your life. So, here's the big question: Is there anything in the way you use technology that is causing you to struggle with sin? It could be a habit you've slipped into that you know isn't best. Or it could be the way certain social media causes you to treat other people. No matter what, if you're not treating yourself or others in a way that lines up with what God says is best, how can you begin to make a change? It might be changing who you talk to online, putting a content filter on your phone, limiting your screen time, sharing your passwords, or not going to bed with your phone. In the end, if whatever changes you choose to make help you form some healthier habits or treat yourself and others like God wants you to (with more love), they'll be worth it.

Today, ask God for help identifying anything that needs to change in the way you use technology. Then, take at least one step to do something that moves you in the direction of the change you want to make. Just remember you are loved by God no matter what and that God is always there to help you.

DAY 7

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

1 Corinthians 6:19-20

Have you ever thought about how many things you've memorized? Song lyrics, lunch pin, phone numbers, equations, etc. Memorization is a powerful tool that we use daily to help us. This same process can also help as you're following Jesus and can help bring truth to your mind when you're tempted to get caught up in other things. When Jesus was tempted in the desert, He chose to quote scripture that He had memorized to help Himself. Memorizing scripture is a powerful way to remind yourself of what is true and who you are in the difficult moments of temptation. If Jesus found it helpful, it can help you too!

Today, identify and write out a few verses (including the memory verse) that would be helpful for you to remember in moments where you routinely find yourself tempted. Then, place them somewhere you'll see them throughout your day. When you see them, say them out loud as you practice memorizing the Scriptures.

DAILY DEVOTIONAL

FOR AN
everyday faith.

[THIS IS OUR SEX TALK] / WEEK 2

HIGH SCHOOL

DAY 1

Be very careful, then, how you live—not as unwise but as wise.
Ephesians 5:15 NIV

Technology is powerful. Today, you can communicate with just about anyone in the world, look up any piece of knowledge, and send funny TikToks to your friends using one device that fits in your pocket. When you stop and think about it, it's still kind of wild, isn't it? The Apostle Paul's words in Ephesians 5 remind us that every decision we make is either wise or unwise. Was your choice to sleep in wise or unwise? Was your decision to study for the test wise or unwise? Was the way you used your phone or laptop yesterday wise or unwise? In the same way, God wants us to consider if the way we are using technology is wise or unwise.

Today, consider the different ways you use technology every week. Which are wise and which are unwise? Write down your responses as a way to really process what you're thinking. Then pray and ask God for wisdom this week as you navigate screen time, scrolling, and all the other aspects of technology.

DAY 2

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.
Psalms 19:14 NIV

Normally, we're aware of the way we talk around different groups of people. You might speak differently when you're with your friends than you do around your teacher or parents. The same is true for how we act online. We may filter our words in person, but when we're in the comment section or DMs the things we say or the things we look at might be different. In Psalm 19, David is praying and asking God to help his words and thoughts be pleasing to God. Have you ever considered if your words, not only the ones you speak, but the ones you text, post, Snap, and search for are pleasing to God?

Today, pray and ask God for help. Ask God to help everything you type, post, and look at to be in line with what God says is best.

DAY 3

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

James 1:19 NIV

This reminder from James, the brother of Jesus, sounds like the exact opposite of what happens online, doesn't it? Online, it seems like everyone is quick to get angry and no one is slow to speak. Truth is, there is something about being behind a screen that makes people act differently than they do in person. You can probably recall a time when you or someone you know posted or said something for everyone to see that they went on to regret or wish they could take back. While it may be easy to not think twice, James is challenging us to be different and to THINK before we post.

Today, before you hit send, really think about your words and posts. If you aren't sure if what you're posting is what's best, talk to someone you trust and ask them for their opinion before you hit send/post.

DAY 4

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. Luke 6:45 NIV

You've probably heard the saying, "actions speak louder than words." While I understand the heart of this phrase, in today's verse Jesus is reminding us that words are pretty loud themselves. Basically, Jesus is saying, "what you say reflects what's really in your heart." The words that come from our mouths are a reflection and a window into what is really going on inside of us. This is true not only for the words we speak but also for the words we type. If you want an honest glimpse into your own heart, try examining your words- those you speak and those you type.

Today, ask God to help you to examine the way you use your words, both the ones you speak and the ones you type. Then, ask for help to start or continue using words in ways that reflect the good God is doing in your heart and your life.

DAY 5

You have done many good things for me, Lord, just as you promised. I believe in your commands; now teach me good judgment and knowledge. Psalm 119:66 NLT

*Written by Makayla, age 22
from West Salem, OH, USA*

Have you ever noticed how certain choices can impact us emotionally, socially, or physically? I mean, maybe it is the story of someone who made a poor choice that you come across on social media. Or maybe it's a positive story about a person helping others on the local news. Our choices tend to make an impact. Now, what if I told you that God wants to help you make choices that are wise and lead to positive outcomes?

Today's verse says that God has done good things for us. God delivers on the promise to be good to us. Which is why we can choose to believe that what God says is best really is best. If we believe this, we can ask God to teach us how to have good judgment

and knowledge in every area of our lives and trust that God will help. See, God actually wants to help us become people who make good decisions on a daily basis.

Today, ask God to give you the courage to help you make wise choices in every area of your life. You can also talk to a trusted adult (youth pastor, parents, family, etc.) if you need help to make a wise choice about something that is connected to your future. Remember, when you're wanting to make wise choices, you can trust that God wants to teach you good judgment and knowledge that helps you navigate life.

DAY 6

Lord, suppose you kept a close watch on sins. Lord, who then wouldn't be found guilty? But you forgive. So we can serve you with respect.

Psalms 130:3-4 NIRV

Think of an adult you really respect in your life. Is it a coach? Maybe a family member, teacher, or even a friend's parent? Why do you respect them? Have they looked out for you in the past? Maybe they have encouraged you to meet your full potential and really believed in you along the way. You wouldn't want to disrespect that person in your life that you really look up to. You respect them, so you want to honor them in whatever way you can. The same is true with God. God loves us, forgives us, and shows us incredible grace, which are all great reasons for us to live in the way that God says is best. When we remember all God has done for us, it becomes easier to see why the least we can do is our best to respect God.

Today, think about the ways your respect for God can grow.

DAY 7

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

1 Corinthians 6:19-20

Part of honoring God with our bodies is taking good care of them. A great way to do that is to get outside, enjoy the sunshine or even go for a walk. Today, go outside and enjoy God's creation. Whether you go for a run or relax in the sun, try to repeat the memory verse from . . . well, memory. Practice saying the verse from memory right before you step outside and then repeat it again right before you go back inside.

Today, allow the words of this verse to remind you that the time you take to care for your body is actually honoring to God.

DAILY DEVOTIONAL

FOR AN
everyday faith.

[THIS IS OUR SEX TALK] / WEEK 3

HIGH SCHOOL

DAY 1

Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, 'I will confess my rebellion to the Lord'. And you forgave me! All my guilt is gone.

Psalms 32:5 NLT

Have you ever heard a rumor about a friend, and you weren't sure if you should tell them or not? Maybe you decided to keep it to yourself, but they found out and asked, "You knew the whole time!?" That can feel like a punch in the gut, like you thought you made the right decision, but it would've been better to acknowledge it with them from the get-go. The same is true when it comes to confessing our sins to God. The help we need to move forward from our sin and any guilt we feel connected to it is always available to us. The best part is that we can be confident that when we choose to confess, we'll be met by God's love, grace, and mercy.

Today, consider if there is something you want to acknowledge and confess to God. Then take the time to pray and talk to God about anything that comes up. Remember, God loves you and extends grace to you ALWAYS!

DAY 2

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9 NIV

Do you remember learning about "if, then" statements in school? "If" one thing happens, "then" another thing will happen. "If I drink 3 Mountain Dew's at lunch, then I will be way too hyped for Chemistry class after lunch," is an example. The most comforting thing today's verse speaks to is the assurance that if we confess our sins, then we will be forgiven. We know that if we do one thing, then another thing will follow, and that other thing is a kind promise from God. Knowing what is on the other side of confession makes approaching God a little less intimidating, right? It's not a permission slip to take advantage of God's kindness, but rather a glimpse of the compassion God has for us.

Today, pay attention to any "if, then" moments you experience. Maybe it's a moment of doing something that isn't what God says is best, but then you decide to talk to God about whatever happened. Let a moment like that bring you back to the promise in today's verse.

DAY 3

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

James 5:16 NIV

Have you ever been through a break-up, failed a test, had trouble at home or done something where you just needed support from a friend? It can bring so much relief to share something with someone and know that they will be there for you and have your back no matter what. It's like a breath of fresh air! This verse instructs us to not only share our sins and heartaches with one another but pray for one another. It explains that prayer is something that helps us experience true healing. Do you need a friend to pray with you about something? Do you need to pray for a friend?

Today, reach out to a friend who you trust and check in on them. How can you support each other in following Jesus in every area of your lives?

DAY 4

So turn away from your sins. Turn to God. Then your sins will be wiped away. The time will come when the Lord will make everything new. He will send the Messiah. Jesus has been appointed as the Messiah for you.

Acts 3:19-20 NIRV

Have you ever watched a basketball game where there is a huge victory for a team, so they find the head coach and pour the huge cooler of water all over him or her? Have you ever seen that and thought, "It's cold but that's got to be kind of refreshing, right?" All of the anxiety that comes with playing a high-stakes game comes crashing down and that water is the feeling of victory. Imagine our sin (sin is missing the mark on what God says is best) is the anxiety of the game and repentance (or turning away from sin) is that rush of water running over us, cleansing, refreshing, and reminding us that we've been made new by Jesus. The separation that sin brought between us and God is gone forever, and things are good between us. Nothing can take that away.

Today, think about the kinds of things you've turned away from (repented of) in life. Maybe it's habits you used to struggle with or ways you used to treat other people. Then take a few minutes to talk to God and show your gratitude for the ways your life has changed for the better.

DAY 5

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

James 5:16 NLT

*Written by Anna, age 18
from Lenexa, KS, USA*

The other day I was driving home, and I noticed that my dad was calling me. I answered and he asked me if I could run by the store and grab some milk. I responded with "Of course!" and went on with my drive. I got home and realized the mistake that I had made. I completely forgot to run to the store and grab the milk. The worst part about all this was that although it was an accident, I had to confess to my dad that I had made a mistake.

Of course, that's not exactly in the category of "sin" that James writes about, but the act of confession is what I don't want you to miss. James tells us that as believers, we

should confess our sins (or the ways we miss the mark when it comes to what God says is best) to each other and pray for one another. When other people are in our corner, praying for us, great things can happen.

Let me share another example, one time I had done wrong to a good friend of mine. Eventually, I went to her and confessed the sin that I had carried out toward her. Believe it or not, she wasn't mad, she was accepting. This is exactly how God reacts to our confession as well. Hopefully, that story of confession is a helpful reminder that God meets our confessions with love and kindness.

I encourage you to confess your sins to at least one person this week. As difficult as it might be, try to remember that James tells us to confess so that we can experience healing!

DAY 6

So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law.

Galatians 5:1 NLT

How many times have you made yourself or someone else a promise and went back on it? Most of us would have a hard time figuring out the exact number. This kind of thing often happens when a boundary hasn't been put in place. When we haven't set a boundary that says something like "I will do what I say" or "I keep my word even when it costs me something", we can wind up doing something like breaking a promise. And what happens when we do? Well, we wind up feeling trapped in things like guilt or we find ourselves stuck with broken relationships. But, when we decide to put boundaries in place, we realize that those boundaries help us experience a new kind of freedom. A freedom from guilt, damage to our relationships, or even the shame we feel when we mess up. It might seem kind of backward, the idea of boundaries actually being an expression of being free, but when we operate within boundaries that line up with what God says is best, we get to experience true freedom.

Today, be confident in the boundaries you are setting and remember that there is freedom found in them. Then, ask God for help sticking to your boundaries in order to experience the freedom that comes from living in line with your values and what God says is best.

DAY 7

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

1 Corinthians 6:19-20

Memorizing scripture is a great way to help yourself be able to bring Scriptures to mind just when you need them most. One way you can memorize this verse is by making each word into a word scramble, like this: "N'otd uoy aelzie . . ." (Don't you realize . . .). Then, see how fast you can unscramble the words! Another thing you can do is turn it into a puzzle. Put each word spread out on paper and cut out puzzle pieces.

Assemble them each day of the week a few times per day to get the verse to really stick in your memory!

DAILY DEVOTIONAL

FOR AN
everyday faith.

[THIS IS OUR SEX TALK] / WEEK 4

HIGH SCHOOL

DAY 1

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him.

Psalms 91:1-2 NLT

If you see a child about to run into the street, you'd want to stop them, right? Why? Because past the boundary of the driveway, things can be dangerous. This is an example of why boundaries are important. Healthy boundaries are not there to harm us, but to protect us from harm. Whether they're physical, emotional, or spiritual, boundaries are there for our benefit. Sometimes living the way God says is best can seem like a limit that holds us back. The good news is that that is not really the case. Living in the shelter and shadow of God or living in the way that God says is best actually leads to really good things. We can trust that as we set healthy boundaries that line up with what God says is best, God is looking out for us and will give us the rest and care we need. We don't have to look anywhere else for what we need most. We can trust that God is looking out for us and wants what's best for us.

Today, think about what boundaries may be missing in your life and write out a plan to implement them. Consider evaluating with a friend and welcoming them into the process.

DAY 2

Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!
Matthew 26:41 NLT

What is a struggle for you may not be a struggle for someone else, right? You may have a hard time running a mile and someone you know may be training for a marathon for fun. You may be able to give a speech in front of people, while that's your runner friend's biggest fear. Even if those scenarios aren't exactly your situation, roll with them for a second . . . See, you could cheer your friend on at the finish line and your friend could be an audience member during your speech. This is also true when it comes to the serious things we struggle with. Maybe it's the way we use our words, some addiction we've slipped into, or the way we treat other people. Your struggles may not be just like someone else's, but you and a friend you trust can support each other in addressing the things you each struggle with. We can create boundaries and then help each other stick to them.

Today, think about who you can link arms with to avoid giving into temptation. Then talk to them about some boundaries you want help keeping and ask if there is a way you can help them do the same thing in their own life.

DAY 3

You are the children that God dearly loves. So follow his example.

Ephesians 5:1 NIRV

If you have a younger sibling or someone younger who really looks up to you, you know they may try to imitate you. They might wear similar clothes, listen to the same music, or say some of the same things. They do this because they want to be like you. You may do something like someone you look up to. Here's a question to think about today: Do you do this with God? If we are God's children, wouldn't we naturally look up to God? Wouldn't we naturally try to imitate God? Thankfully, Jesus shows us exactly what God is like. He is God in a human body and that makes it way easier to figure out how to imitate God. So, what would it look like for you to follow Jesus' example in the way you live in every area of your life?

Today, think about what healthy boundaries look like in your relationships with other people, your use of technology, and your goal of living with sexual integrity. Consider reading more about Jesus and the boundaries He kept. Then, pray and ask for help imitating the example that Jesus set.

DAY 4

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Colossians 4:6 NIV

Have you ever needed to have a conversation you just didn't want to have? Maybe a breakup, a confession, or a difficult friendship situation? Those conversations can be tough, especially if a boundary must be put in place. This verse reminds us exactly how to have those conversations. One of the main uses of salt is to bring out the best flavors in food. So, this verse explains that when you use grace as you're talking to someone it can bring out the best in the conversations you're having. When you are gracious, you naturally are slow to anger, so you can hear the other person more clearly and reach an understanding quickly.

Today, ask yourself if there is a conversation you've been avoiding and make a plan to talk to whoever you need to talk to, all while keeping this verse in mind.

DAY 5

"Love the Lord your God with all your heart and with all your mind and with all your strength. The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Mark 12: 30-31 NIV

*Written by Audriana, age 14,
from Mt. Pleasant, MI, USA*

When I was in the fourth grade, I would rant to my mom about how some kids in my grade weren't so nice all the time. And every time, she would pull out a bible verse that said something along the lines of, "love your enemy," or "love your neighbor as yourself." And I would constantly struggle with that idea. Loving your enemy? Even if they aren't so nice to you? Pfft. That's crazy... But as I grew up, I realized that if I was nicer to people, their rudeness wouldn't get to me as much. Even though it's hard, loving your enemy is the simplest resolution to problems like that. However, loving your enemies isn't just to make your life easier. Because loving your enemy

is more than just being nice. Love is genuine and unconditional, meaning it is not based on a person's actions.

This past summer I went on a mission trip to Tennessee with my youth group where they talked about what it meant to FOLLOW Jesus, and not just BELIEVE in Jesus. This is where I learned that the #1 thing that shows you are a disciple of Jesus is through how you show love to everyone. People should be able to see Jesus through the way we treat people and love one another, regardless of the circumstance or our personal opinion about that person.

So, my challenge for you is to show you are a disciple by loving everyone around you and letting the light of Jesus spread to those you see. Spend some time today thinking about what people in your life you can do a better job of showing the genuine love of Jesus to.