



## DAY ONE

# GENESIS 1

You know that feeling when you do something really well? Maybe you sang in front of a crowd and hit every note. Or maybe you scored the winning point for your team. Whatever it may be, it just feels good to know you did something well. When God finished creating the heavens and the earth along with everything in them, He created humankind on the sixth day. At the end of the first five days, God looked at His creation and saw that “it was good” (v. 21). But when He finished creating man, God looked out and saw “it was very good” (v. 31).

Do you see the difference? When God created humans in His image, He didn’t just feel good about it—He felt very good. God delights in you. You are the work of His hands. God didn’t just speak humans into existence like the rest of creation. He breathed His own breath into Adam’s lungs! Genesis 2:7 tells us once God’s breath entered Adam’s lungs, he then became a living creature. If you’ve ever doubted your worth, know that the God of all creation takes joy in you. You are His best creation—the part He wants relationship with and the only part that represents His own image.

○ **WHEN HAVE YOU DOUBTED YOUR WORTH? HOW DO THESE VERSES HELP YOU IN THIS STRUGGLE?**

○ **HOW CAN KNOWING THE WAY GOD FEELS ABOUT YOU HELP YOU WHEN YOU DOUBT YOUR WORTH?**

*PRAY*

GOD, HELP ME TO KNOW HOW MUCH YOU  
LOVE ME AND TO REMEMBER MY WORTH  
COMES FROM YOU.



## DAY TWO

# GENESIS 2:1-3

Think back to kindergarten. Remember how they used to make you take a nap each day? Most of us fought that nap as children, but as we get older, we long for the days of getting to sleep in school. Some of us still sneak in a nap from time to time! As a culture, we struggle to rest. We struggle to slow down. We've got so much constantly fighting for our attention, especially with social media and our phones. When God created the universe in six days, He then took the seventh day to rest. But think about this for a minute: What was God resting from? He simply spoke and everything came into existence, so He wasn't physically weary from the act of creating. Perhaps God rested to pause and enjoy His creation. God rested as a model for us, and He considered it holy.

When we refuse to pause and to step away from the chaos of our lives, we miss out on so much. We miss out on recognizing the good things God has given us. We miss out on spending quiet moments with Him and letting the Holy Spirit speak to us. When we live in a state of constant hurry, we miss out on this "holy" day, which God Himself modeled for us. If the God of all creation paused, we should too.

○ **HOW CAN YOU BUILD MORE TIME FOR MEANINGFUL REST INTO YOUR SCHEDULE?**

○ **WHEN HAVE YOU STRUGGLED TO HEAR FROM GOD OR TO FEEL HIS PRESENCE? COULD IT BE THAT YOU AREN'T MAKING TIME TO PAUSE? EXPLAIN.**

**PRAY**

**GOD, HELP ME TO KNOW WHEN TO PAUSE  
AND HOW TO TAKE STEPS TOWARD REST.**



## DAY THREE

# MATTHEW 22:34-40

Most of us wonder about our purpose in life from time to time. Why are we really here? Is our main purpose to work hard and earn money? Is it to one day get married and have a family? To complete a specific task? For a lot of us, these things can be part of the plans God has for us. But while we wait for those plans to unfold, we can begin to question what we should be doing in the meantime. We can start to feel like where we are in life right now doesn't matter as much as where we will be one day. But this couldn't be further from the truth.

God didn't create man accidentally or without reason. When He created Adam, God gave him a purpose: to rule over the earth and the animals and to multiply. And He made Adam to be like Him. Don't miss that. Adam's purpose wasn't flashy. Adam couldn't yet see how his life would impact the rest of humankind, and neither can we. In the Gospels, Jesus explains our purpose in a simple way: love the Lord and love other people (Matt. 22:37-40). That's it! We love God and others as we go about our daily lives. Sure, God may have a crazy big purpose for your life, but don't underestimate the truth that what you are doing right now—in your relationships, with your passions, and in your activities—matters. You have the opportunity to live out God's purpose for your life each and every day as you love Him and love other people.

- **WHEN HAVE YOU STRUGGLED WITH WONDERING WHY GOD CREATED YOU?**
- **HOW DOES KNOWING GOD HAS A SPECIFIC PURPOSE FOR YOU CHANGE THE WAY YOU VIEW LIFE?**

**PRAY**

**GOD, I COMMIT TO REMEMBERING AND  
FULFILLING YOUR PURPOSE FOR MY LIFE.**



## DAY FOUR

# HEBREWS 10:24-25

It can be easy to slip into a pattern of thinking that we don't need other people. We live in a culture that makes it easy to isolate. One minute you're watching Netflix, scrolling social media, or playing video games, and suddenly you realize hours have passed and you haven't spoken to or seen a single person. It's easy to spend days like this, and the longer we live this way the more normal it feels. But we weren't designed to live daily without other people. We weren't designed to walk alone.

God created Eve so that Adam would have a partner in life. God knew it wasn't good for Adam to be alone (Gen. 2:18). Most of us view this passage as a model for marriage—and it is—but it's also a model of relationships in general. The writer of Hebrews reminds us of this truth: We are meant to seek God with others. We are meant to encourage others as they follow Jesus, and we need others to encourage us as well. It's easy to forget this, letting busyness keep us away from the local church and Christian community. But this passage reminds us that it's critical to stay plugged in. The writer urges believers to stay connected, pushing one another toward greater faith. Maybe you've been hurt in the past and that caused you to isolate yourself from others. But God designed you to need people. He created us to walk with each other as we walk with Him.

○ **WHAT HAS CAUSED YOU TO ISOLATE YOURSELF FROM OTHERS? HOW CAN YOU STAY PLUGGED IN TO GODLY COMMUNITY?**

○ **HOW CAN YOU ENCOURAGE OTHER BELIEVERS? WHY IS THIS IMPORTANT?**

**PRAY**

**GOD, HELP ME STAY CONNECTED TO GODLY COMMUNITY EVEN WHEN I AM TEMPTED TO ISOLATE MYSELF.**



## DAY FIVE

# PHILIPPIANS 2:5-8

If you look on Instagram, you'll find people imitating others. Our feeds are full of people trying to look and act like other people—usually someone famous. Maybe you've also gotten caught in this way of living. We are natural imitators, aren't we? Even when we try to be unique, we are still likely copying others.

God created us in His image. We are created to imitate Him, but we often imitate the world around us. God's Word gives us a clear picture of God's character: He is loving, kind, good, holy, compassionate, forgiving, and so on. These verses in Philippians even explain Jesus's character when He took on human form. He was humble and selfless, willing to become a servant even though He is the King of kings. So what does this show us? If we are created in God's image, then we were created to display His qualities. Many of these character traits go against what the world tells us to be. If we truly imitate the Lord, we will live counter to culture in many ways. It isn't always easy to imitate Jesus in the way we act. Becoming more like Jesus means getting to know Him daily. Thankfully, God is patient with us as we learn to be like Him, showing us mercy when we fail. Each day is an opportunity to show the world what God looks like through the way we live our lives. As we imitate God, others will see Him and know Him.

- **HOW HAVE YOU IMITATED THE WORLD IN YOUR WORDS AND ACTIONS?**
- **HOW SHOULD KNOWING YOU'RE MADE IN GOD'S IMAGE CHANGE THE WAY YOU LIVE?**

**PRAY**

**GOD, I WANT TO LOOK LIKE YOU. HELP ME  
SHOW OTHERS WHAT IT LOOKS LIKE TO BE  
MADE IN YOUR IMAGE.**