

OCTOBER



By Justin & Courtney Rose
Age 30 & 28 | Mayfair Community Church | Metropolitan Division



Sometimes we can feel so alone. Take a moment to write down who you are in your communities. Your family, friends, sports teams, neighbors, and your corps or church are your community. Just because you might not have people your age at your church doesn't mean there aren't people who love you and can spend time with you. **1**

When was the last time you were really honest with God? Sometimes, we go a long time without telling God how we're feeling and we forget that He cares about every aspect of our life. Your problems and feelings are not too small for God. Talk to Him about everything, and don't forget to listen to His response. **2**

There are a lot of Bible characters who struggled with loneliness, depression, and what we would today consider mental illnesses. God saw all these people as important and worthy of His love. Check out this video to see how God interacted with Job's struggles. Search for "The Book of Job" by *The Bible Project* on YouTube. **3**

When we feel alone or confused, it's helpful to center ourselves by surrounding ourselves with other Christians. Ask your corps officer how you can volunteer at the corps and serve others. Serving others often helps give perspective on our own problems and can keep us out of our heads for a while. **4**

"There was nothing dark and hidden about Jesus. He was and is the Light of the world, and He welcomed the light."
— Samuel Logan Brengle
Is there anything hidden in your life? Tell God about it. **5**

Remember today that Jesus is fully human and fully God. Jesus understands what it is like to suffer, to be alone, to be misunderstood, and to be a young person. Come to Jesus with your concerns; He's experienced many of the same problems you've faced. There's no sweeter friend than Jesus. **6**

It is desperately important that Christians go and seek the lonely, over looked, and forgotten. Look for a person today you can talk to and show love to who is often overlooked. Don't view them as "other," make them your friend! **7**

Do you have a habit or ritual for spending one-on-one time with God? Most of us want to pray and read our Bible more, but don't make a game plan for it. Spend a few minutes planning how, when, where, and for how long you'll spend time with God. Meet with Him in this way for a week to start, and see how God moves. Don't be discouraged if you miss a day or things don't go according to plan! **8**

Sometimes we can feel helpless because we feel enslaved to sin, illness, or our circumstances. Search "No Longer Slaves (Full Video)" by *Bethel Music* on YouTube, and focus on the idea that we are "No longer Slaves." **9**

Being a part of The Salvation Army means that we are on the side of those who struggle with illness and addiction. Pray today that you would recommit yourself in true sobriety to the mission of the Army, so that you can be a safe person for those caught in addiction. **10**

Feeling overwhelmed? Go spend some time out in nature. We were created to be caretakers of the earth. **Genesis 2:7** shows God making us out of the earth and breathing His wind into us. We are part of the created order, and God can help reorient us through being in nature. **11**

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand" (**Isaiah 41:10**, NIV). How do you need God to uphold you? **12**

Sometimes when we feel like life around us is chaotic, it's easy to grab hold of any control we can in our lives. Instead of trusting in yourself and clinging to your own control, allow God to have the control. How can you put the reigns back into God's hands instead of trying to handle everything yourself? **13**

Do you ever feel unlovable? Remember, Jesus loves us all. Jesus loves you so much that He died for you to give you eternal life (**Romans 5:6-11**). Jesus' love for us is better than any love we have available to us on earth. You are loved and are important to God. **14**

Feel like nothing really matters in life? The author of Ecclesiastes agrees! Search "The Book of Ecclesiastes" by *The Bible Project* on YouTube, and watch the video to see how there is room in life for feeling like everything is meaningless. **15**



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Sometimes the world tells us that our bodies are temporary things that don't matter. This is a lie! Your bodies are a part of you and how God created you to be. Your body is beautiful and important (**1 Corinthians 3:16**). How do you treat your body as God's temple?

16

"The main thing is the quality of our prayer. Prayer must be from the heart; it must be said with pain and compassion. What counts more for God is not the quantity of prayer but the quality."

— Elder Paisios of Mount Athos

How is the quality of your prayer lately?

17

Do you feel like your corps is a good community for those who are considered outsiders? Jesus surrounded Himself with people considered strange, difficult, or "sinful." If you feel like your corps doesn't support these populations, pray that God would open your heart and the hearts of those you worship with.

18

Many Christians fall into the practice of living out their faith by being too legalistic or concerned with following the rules. Sometimes when this happens we may forget that Christianity is about relationship with God and others. Pray that God would refresh you and give you renewed eyes to see those around you with grace.

19

When was the last time you created something that expressed your feelings? Making art can be a form of prayer and worship. Draw or color a picture, write a poem or song, or make up a dance to a worship song to express yourself to God.

20

Do you ever feel like your sins aren't really forgiven or you've done something that you can never come back from? The Bible tells us that when God forgives us, He doesn't just partially forgive us, but every part of us is forgiven—fully (**Colossians 1:13-14**).

What do you need to let go of?

21

Elijah was a prophet who had to say and do some hard and strange things for God. At a couple of moments in his ministry, he broke down and didn't want to go on. At one point he asked God to take his life. Read his story and see how God comforts him in the midst of hardship in **1 Kings 17-19**.

22

"The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank down; the earth beneath barred me in forever. But you, Lord my God, brought my life up from the pit" (**Jonah 2:5-6**, NIV).

23

Hagar in the Bible felt so desperate and alone that she wished she was dead. In her moment of desperation God appeared to her and "saw" her in her sadness and desperation (**Genesis 16**). Hagar calls God "El Roi," "The God who sees." God sees us in our desperation and loneliness and is big enough to deal with all our problems.

24

Peace is something that the Bible talks a lot about. Peace is a fruit of the Spirit. Remember to ask God to give you peace, put you in peaceful situations, and make you into a peacemaker. God is the Father of peace and, as His children and image-bearers, we can have peace and make peace in the world.

25

Check out "You Make Me Brave" by Bethel Music. Search for "You Make Me Brave by Amanda Cook, Bethel Music Lyric Video" by *Overtaken Productions* on YouTube.

26

Do you want to pray, but don't know the words to say? Open the Bible to the book of Psalms. Start by praying with **Psalms 69, 40, and 80**.

27

Many times, unhealthy behaviors can come out when we sequester ourselves from people who love us. As Christians we need to join with others and open ourselves up to be cared for and challenged. Today, make plans to eat with some fellow believers and be honest with them about how you're doing.

28

Encouraging others is a great way to show God's love and get out of our shells. Write a note today to someone you know who is struggling with loneliness, anxiety, fear, or addiction. Just telling someone you love them and are thinking about them can mean the world in a moment of darkness.

29

"People are the flowers of God: it is necessary, like a bee, to be able to collect honey from these flowers, enrich oneself with the individuality of others and reveal the individuality to others."

— Archbishop Sergius

30

"While women weep, as they do now, I'll fight; while little children go hungry, as they do now, I'll fight; while men go to prison, in and out, in and out, as they do now, I'll fight; while there is a drunkard left, while there is a poor lost girl upon the streets, while there remains one dark soul without the light of God, I'll fight—I'll fight to the very end!"

— General William Booth

What are you fighting for?

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