



## DAY 1 **1 TIMOTHY 4:12**

# 1

Think back to the times of your youth. Those days may have been a few years ago or you may be in your youth now. Did you set examples for others? Were there times that older people looked down on you because of your age? I often hear and see demeaning words spoken about my generation, the millennials. I am put into a category that I am like all the other people in my generation. I take it upon myself to have people see me in a different light and live by God's word. In 1 Timothy 4:12, Apostle Paul encouraged Timothy in his first letter to not let anyone despise him for his youth, but rather set an example for the believers. Fellow young adults, don't let the stereotypes of our generation define you, but rather look to change how they view you by your actions.

## DAY 2 **2 TIMOTHY 2:22**

# 2

Did you ever come across friends who ended up being bad influences? We base a lot of our decisions by who is around us. I always ask my best friends what I should do career-wise, relationship-wise, or what I should wear on vacation. Having the right people in your life makes a world of difference. When you are young, choosing the right friends has a huge impact on your life, your future, and your journey with Christ. I am blessed enough to have found a group of friends that I can go to for anything. They help me be a better person and always remind me that God has a plan for my life. Take a moment today to reach out to the friends who make you a better person and thank them for helping you on your journey through life.

## DAY 3 **PSALM 119:9-10**

# 3

When you are traveling to a new destination, do you plug the location into the GPS? You are letting this voice guide you to your next destination. When you are young, it is sometimes hard to stay on the route given by God in the GPS for your life. You may hear the GPS start yelling at you, "MAKE A U-TURN!" By seeking the Lord through our young adult lives, we can make sure we are staying on the right route that God has planned for us. Young adults must live by His word and seek Him with all of their hearts. Psalm 119:9, "How can a young person stay on the path of purity? By living according to Your word." Live according to God's word today.

## DAY EXODUS 20:12

4

Did you ever break your parent's rules when you were younger? Were you ever "grounded?" Not the most fun thing to happen. Children and young adults often feel like it is okay to break the rules and disrespect their parents. Respecting your parents and what they tell you is one of the Ten Commandments. If God bothered to put it into the Ten Commandments, it must be pretty important, right? You would think that having known this as a child that, children would know to not even try to test their parents. God has already warned us it isn't a good idea. But kids will be kids and have to learn the hard way sometimes. I lied to my parents once and having to regain my parent's trust was not fun. Take God's advice and honor your parents and what they say. Trust me, it will make your life easier.

## DAY PROVERBS 1:8-9

5

As a millennial, I often find myself teaching my parents and co-workers how to use technology. Having grown up with technology, using it has become second nature. I don't find it difficult to learn the latest technology or the newest gadgets. I often teach my older family members how to use these devices. It isn't the typical role for a family and often we can forget that our elders are the ones teaching us. Older generations can teach us so many things that are lost in this world of texting and smartphones. Listen to what they have to say. What they can teach you about life is better than anything you can find asking Google. The next time you speak with someone from the older generations, put down your phone and see what wisdom they can share with you.

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