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# DAILY DEVOTIONAL

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The YOU Effect

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## WEEK 3

BECAUSE OF JESUS, WE CAN CHANGE THE EFFECT WE HAVE ON OTHERS.

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Do not make friends  
with a **hot-tempered**  
person, do not  
associate with one  
easily **angered**.

PROVERBS 22:24-25, NIV

### DAY 1

Have you ever been in a car when all of the dashboard lights start flashing? Those are warning lights and signals put on the dash to alert the driver that something isn't working right, and if it isn't addressed soon, things will go downhill fast! Anger is like a dashboard warning light. It's a warning signal, meaning anger in and of itself isn't a bad emotion unless it goes unchecked and uncontrolled. So, what should you do if you or someone you care about is a hot-tempered person?

If you struggle with this, ask yourself what is right below the surface of this anger. Are you frustrated? Disappointed? Feeling overlooked? Right below the surface of anger there's usually something else we haven't dealt with yet. **Take a few minutes to think about the times you find yourself angry or someone you know has found themselves angry and ask what might be right below the surface of that anger that could be addressed with a kind word, encouragement, or an invitation to talk.**

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

### DAY 2

Confession simply means telling the whole truth and the entire story. Which sounds easy enough, but we all know, confession is a lot harder to actually do. Confessing our sins or our mistakes can make us feel vulnerable or even weak. The good news is that where we are weak, He is strong. Even better? Jesus doesn't use our weakness against us. We can be certain Jesus will forgive us. And when Jesus looks at us, He doesn't see where or how we got it wrong, but sees us as children of His who are loved and valued above all else. As John writes: Jesus is faithful.

Maybe you've lost some influence because of a mistake you've made. That's okay. Today can be a fresh start. **Take the time to confess to Jesus, and begin the new start He wants to give you.**

**Be kind and  
compassionate to one  
another, forgiving each  
other, just as in Christ  
God forgave you.**

EPHESIANS 4:32, NIV

### DAY 3

Think of something kind someone has done for you. Was it something unexpected or undeserved? Do you remember the feeling that came over you when you received that gift of kindness and compassion? Was it joy? Gratitude? Surprise?

It can be easy to think that we don't have much influence. But when you think back to the last time someone did something kind for you, the truth is, it influenced you. It made a difference to you. It's possible we are selling ourselves short. Because the smallest act of kindness can make a difference. It has for us. And we can do the same thing for others. **Today, write the name of one person in your life that needs kindness and compassion, and think of a tangible way to not just tell them but show them.**

**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

### DAY 4

In these verses James, the brother of Jesus, encourages us to pray for one another. But let's be honest. It's a lot easier to pray for ourselves than it is for others. We are always on our own minds! But something happens when we take the focus off of our own needs and focus on others. Choosing to center our focus on others widens our perspective.

In this verse, James says we should do this so we might be healed. And while God can certainly heal, it's possible praying for one another can bring about healing from our sense of being alone, overwhelmed and forgotten in our difficulties. Praying for others gives you influence in the lives of others to be healed of our sense of being not important. Your prayers are powerful and effective. **Ask yourself how can you use your prayer to empower someone else's faith today. Spend a few minutes praying for a parent, friend, or neighbor who could use it.**

**First go and be  
reconciled to them;  
then come and offer  
your gift.**

MATTHEW 5:24B, NIV

### DAY 5

Have you ever listened to a bad band? I mean an awful band where what they are playing doesn't even sound like music? If so, the chances are the harmony, or the members of the band are out of tune with each other. And when that happens, it affects everything.

In this verse, Jesus is telling His followers to reconcile with one another. And reconcile is just another way of saying, make harmony. When we are out of sync with people, the effects can be like listening to a terrible band. It throws everything off. And Jesus is saying, this matters! Before we go to worship Him, we need to make right where our harmony may be off with others. Reconciling with others not only clears our hearts and minds for worship, it can also restore our influence with others. An un-mended relationship loses influence, but where there is harmony, there is a greater chance for a positive effect. **Think about a relationship you need to mend. Send a text right now to the person you need to invite back into the band of friendship.**