



# TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”**

*Luke 24:32*

## Filled with the Spirit

When you hear a good song with a good beat, you get filled with good feelings.

When you hear a motivational talk by your coach before a big game, you get pumped-up.

When you hear “I love you” for the first time from someone you love, you get a rush of happiness.

When you read a good book, you might get filled with peace, determination, or a sense of adventure.

When you hear God’s amazing promises in his Word, you get filled up.

You not only get good feelings, pumped up, a rush of love, a sense of peace, determination, and adventure—you get filled with the Holy Spirit.

That means you get more than just good feelings. You get a changed heart. And a changed heart is one filled with peace and joy. These verses for today talk about the biggest source of peace and joy—the fact that Jesus rose on Easter and is alive. That means we get life forever and his help here and now.

God’s promises found in his Word are the only things that truly change our hearts to rely on God more, trust him, live boldly, and live selflessly.

What’s your plan to let the Holy Spirit continue to change your heart through God’s promises? In other words, what’s your plan to get into the Bible more?

Make a plan today. Download a Bible app. Put your Bible by your bed. Don’t wait.

**Prayer: Holy Spirit, thank you for changing my heart forever by giving me faith. Continue to fill me with your peace and joy. Encourage me to fill up on your Word more. Help me make a plan to get into my Bible more. In Jesus’ name I pray. Amen. Amen.**