

The logo features a stylized yellow cross with a circular base, followed by the word "TRANSFORMED" in a bold, yellow, distressed font. Below this, the text "DEVOTIONS CONNECTING TEENS TO CHRIST" is written in a smaller, white, sans-serif font. The background is dark blue with abstract, leaf-like shapes in a lighter shade of blue.

# TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.  
Fear the Lord, you his holy people,  
for those who fear him lack nothing.  
The lions may grow weak and hungry,  
but those who seek the Lord lack no good thing.**

*Psalm 34:8-10*

## Refuge

I will be fine in life as long as I have \_\_\_\_\_. Fill in the blank.

Really think about it. What is so important to you that you'd put it in the blank? Family? A girlfriend or boyfriend? Money? My phone? Approval of others? My health?

This past year showed us that things we take for granted can be gone in a flash.

But through all of the craziness of 2020, God never left. He didn't leave you. You are part of his people.

If anything, this past year has taught us that God is the only one strong enough to fill in the blank. He alone has the ability to satisfy all of your needs and calm all of your fears. He alone hears all of your prayers and knows all of your thoughts. He alone knows every fault about you and loves you in spite of them.

So, "taste and see" that he is good. Experience what life is like when you run to God on a daily basis and let him be your refuge instead of those other things you might use to fill in the blank.

Jesus said "I have come that they may have life, and have it to the full." You can have a full life, even with Covid-19 in the world, as you depend on Jesus and his Word for Every. Single. Thing. In. Life.

Even people as strong and powerful as lions will come to ruin eventually if they rely on themselves. But those who seek the Lord and rely on him lack nothing.

**Prayer: Lord, I need you. Oh, how I need you. Every hour I need you. You're my one defense. My righteousness. Oh God, how I need you! Amen.**