1C STUDENTS

GO ONE MORE

30 DAYS. ONE PERSON.

A devotional for middle & high school students

Notice. Pray. Listen. Serve. Invite.

BEFORE YOU BEGIN

One person can matter more than you realize. Jesus told a story about a shepherd who went looking for a single lost sheep. That is the heart of these thirty days.

Choose one person in your everyday world you want to pray for, understand, encourage, and befriend. The goal is to love them the way Jesus loves people, with no pressure and no agenda.

Each day: read the Bible passage (NLT), read the short thought, answer the question, take one practical step, and pray. If you're still figuring out faith yourself, you're welcome here. Bring your questions.

One more thing: if your person ever tells you they're being hurt, or that they might hurt themselves, tell a parent, youth leader, or school counselor right away. That is one secret a good friend never keeps.

MY ONE

Name:

Why this person:

A need I can pray for:

One way I can be a good friend:

Adapted from the original 1C Go One More 30-Day Devotional.

ONE PERSON MATTERS

READ THE BIBLE (NLT)

Luke 15:3-7

BIG IDEA

God goes after the one. You can too.

REAL LIFE

At school, it’s easy to think the loudest, most popular, or most talented people make the biggest difference. Then Jesus tells a story about a shepherd who leaves ninety-nine sheep to go find the one that wandered off. That one was worth the effort. You can reflect God’s heart without a platform or the perfect words. Start by noticing someone you might normally overlook: a teammate, a classmate sitting alone, or someone whose smile hides a hard week. God sees that person, and He can use an ordinary student like you to show them they matter.

THINK ABOUT IT

Who tends to get overlooked in your everyday world?

GO ONE MORE TODAY

Write down one name. Pray for that person by name today.

PRAY

Jesus, help me see one person the way You do. Give me courage to care.

THE POWER OF AN INVITE

READ THE BIBLE (NLT)

John 1:40-42

BIG IDEA

A simple invite can start a story only God can see.

REAL LIFE

Andrew kept it simple. He brought his brother Peter to meet Jesus. An invitation can be that easy. Think about how much better a new place feels when someone says, “Come with me. I’ll meet you there.” You can be that friend. Invite someone to sit with you at lunch, come to a game, hang out after school, or join you at church. The friendship is the point. If they say no, they’re still your friend.

THINK ABOUT IT

What would make an invitation feel easy and welcoming?

GO ONE MORE TODAY

Invite someone to one normal part of your week, with zero pressure.

PRAY

God, make me welcoming and brave enough to invite someone in.

THE QUIET DIFFERENCE

READ THE BIBLE (NLT)

2 Timothy 1:5; 3:14-15

BIG IDEA

The people who shape us most usually do it quietly, over and over.

REAL LIFE

A huge crowd can cheer at a game, yet the words that stick with us often come from one person in a hallway. Timothy learned about faith from his mother and grandmother, who kept showing up long before anyone noticed him. You may never know how much your steady encouragement means to someone. A text, a “good job,” a sincere question, or remembering what someone told you last week can carry more weight than you think. You don’t have to go viral to have influence. Small and steady can change a life.

THINK ABOUT IT

Who has shaped you through small, consistent actions?

GO ONE MORE TODAY

Send one specific encouragement to someone who needs it.

PRAY

Father, help me use ordinary words to build people up.

DON’T KEEP WALKING

READ THE BIBLE (NLT)

Luke 10:30-37 (whole story: 10:25-37)

BIG IDEA

Caring starts when you stop.

REAL LIFE

In Jesus’ story, several people saw a hurting man, and only one stopped. It’s surprisingly easy to do the same at school: notice the kid being left out, hear the joke that crossed a line, see someone struggling, then keep moving because you don’t want to get involved. You can’t solve every problem. You can choose one safe, practical way to help. Sometimes that means sitting beside someone or speaking up kindly. If a situation is serious or unsafe, get a trusted adult. Love shows up in what you do next.

THINK ABOUT IT

When are you most tempted to look the other way?

GO ONE MORE TODAY

Do one safe, practical thing to help someone today.

PRAY

Jesus, slow me down enough to notice and help.

I SEE YOU

READ THE BIBLE (NLT)

Genesis 16:7-13

BIG IDEA

People start to believe they matter when someone really sees them.

REAL LIFE

Hagar felt invisible and alone, yet God knew exactly where she was and what she was facing. She called Him “the God who sees me.” Plenty of people your age feel unseen even when they’re surrounded by hundreds of classmates. Their posts might look perfect while real life feels heavy. You can’t read minds, so don’t assume you know someone’s story. Put your phone down. Remember a detail. Ask how they’re really doing, and give them room to answer honestly. Paying attention is one of the simplest ways to tell someone, “You matter.”

THINK ABOUT IT

What makes you feel genuinely seen?

GO ONE MORE TODAY

Ask your one person a real question and listen without multitasking.

PRAY

God who sees me, teach me to notice people with care.

PRAY BEFORE YOU POST

READ THE BIBLE (NLT)

Nehemiah 1:3-6 (whole story: 1:1-11)

BIG IDEA

Talk to God about it before you talk to everyone else about it.

REAL LIFE

When Nehemiah heard that people he loved were hurting, the first thing he did was pray. Our first move is usually faster: fire off a text, vent in the group chat, post something vague, or jump in with advice. Before you type, pray. Prayer reminds you that God cares about your friend even more than you do, and that their choices are theirs to make. Pray for what they really need, beyond the outcome you want. Ask God to work on your attitude too. Patience and humility count as answered prayers.

THINK ABOUT IT

When something happens, do you react first or pray first?

GO ONE MORE TODAY

Next time you want to post or text about a situation, pray about it first.

PRAY

Father, help me bring people to You before I try to fix them.

BE THE FRIEND WHO CARRIES

READ THE BIBLE (NLT)

Mark 2:1-12

BIG IDEA

Good friends help carry people to Jesus when they can’t get there alone.

REAL LIFE

Four friends in Mark 2 couldn’t get through the crowded doorway, so they went through the roof. They were creative, stubborn, and willing to work together. Great friendship usually looks ordinary: sharing notes, checking in after a loss, helping someone make a hard call, or sitting with them in silence. Ask what would actually help before you decide for them. And you were never meant to carry everything alone. If a friend’s problem is too big or too heavy for you, bring in a trusted adult.

THINK ABOUT IT

What kind of burden could a friend be carrying?

GO ONE MORE TODAY

Offer one specific, realistic way to make someone’s day easier.

PRAY

Jesus, show me how to carry my part with love.

WHEN NOTHING CHANGES

READ THE BIBLE (NLT)

Luke 18:1-8

BIG IDEA

Keep praying, even when you can’t see anything happening.

REAL LIFE

Maybe you’ve been praying for someone for weeks and nothing looks different. Jesus knew people would get discouraged, so He told a story to encourage them to keep praying. Prayer is trusting God to hear you even when you can’t see what He’s doing. It was never a way to make other people do what you want. Don’t put your friend on a deadline. Keep caring about their whole life. Laugh with them. Listen. Be patient. Waiting is hard, and it’s okay to tell God that.

THINK ABOUT IT

Where have you started losing patience?

GO ONE MORE TODAY

Pray the same honest prayer again, then leave the timing to God.

PRAY

God, help me keep loving even when I can’t see change.

GROWTH IS QUIET

READ THE BIBLE (NLT)

Mark 4:26-29

BIG IDEA

God is working under the surface long before you see it.

REAL LIFE

If you planted a seed, you wouldn’t dig it up every morning to check the roots. Jesus used that picture to show how God’s work grows over time. We get impatient with people when we want to see change right now, yet real growth often happens out of sight. A question someone asks, a conversation they remember, or a kindness they didn’t expect may matter months from now. Share hope naturally when it fits, then let the moment breathe. Your job is to be faithful. Growth is God’s job.

THINK ABOUT IT

Where do you want an instant result?

GO ONE MORE TODAY

Share one honest bit of encouragement and let it be.

PRAY

Father, help me plant hope and trust You with the growth.

THE PRAYERS NO ONE SEES

READ THE BIBLE (NLT)

Colossians 4:12

BIG IDEA

Some of the most important things you do for a friend happen where they'll never see it.

REAL LIFE

Paul mentions Epaphras, a man who worked hard at praying for other people. Nobody watched him do it, and he wasn't looking for applause. Imagine praying for your friends as carefully as you follow their highlights, scores, or posts. You'd start to notice the pressure they carry. Pray for what's happening now and for who they're becoming: courage, peace, wisdom, good friends, and openness to God. And if someone shares something private, keep it private. Praying for a friend should never turn into talking about them.

THINK ABOUT IT

What might your friend need beyond the obvious problem?

GO ONE MORE TODAY

Write a short, private prayer for your one person.

PRAY

God, teach me to care for people even when no one notices.

SHOW UP AGAIN

READ THE BIBLE (NLT)

Ruth 1:14-18

BIG IDEA

Friends who stay after everyone else leaves are rare. Be one.

REAL LIFE

Ruth stayed with Naomi when walking away would have been easier. That kind of loyalty matters because hard seasons rarely fit into one week. Friends show up when bad news first hits, then drift away as life gets busy. Check back after everyone else stops asking. You won't have perfect advice, and you don't need it. You can say, "I'm still here. Want to talk, walk, or just hang out?" A dependable friend makes a hard season less lonely. Follow through on what you offer.

THINK ABOUT IT

Who might need a friend who keeps showing up?

GO ONE MORE TODAY

Make a specific plan to check in with someone again.

PRAY

Jesus, make me a friend who keeps showing up.

ASK BEFORE YOU ASSUME

READ THE BIBLE (NLT)

Mark 10:46-52

BIG IDEA

Ask what someone needs before you decide for them.

REAL LIFE

Bartimaeus cried out for help, and Jesus stopped and asked him, “What do you want me to do for you?” The crowd had already decided Bartimaeus should be quiet. Jesus let him speak for himself. We often assume we know exactly what a friend needs: advice, a Bible verse, a ride, a distraction. Asking shows respect. Try, “What’s been the hardest part?” or “Do you want help, or do you just want someone to listen?” Then give them space to answer. A good question can open a door a great speech never would.

THINK ABOUT IT

What assumptions do you make about your friends?

GO ONE MORE TODAY

Ask one thoughtful follow-up question and wait for the answer.

PRAY

Jesus, help me listen before I make a plan.

ROOM AT THE TABLE

READ THE BIBLE (NLT)

Luke 19:1-10

BIG IDEA

Make it easy for someone to belong.

REAL LIFE

Jesus noticed Zacchaeus, a man the crowd had written off, and invited Himself over to his house. Jesus moved toward him while everyone else kept their distance. You can do the same in ordinary ways. Include the person who never gets invited. Make the group chat kinder. Save a seat. Ask about somebody's interests instead of making them fit yours. People shouldn't have to become copies of your friend group before they're allowed to belong. Hospitality means making the first step easier for someone else.

THINK ABOUT IT

Who might assume they don't belong with your group?

GO ONE MORE TODAY

Make room for one more person in an ordinary activity.

PRAY

Father, make my friendships wide enough to welcome others.

KINDNESS YOU CAN FEEL

READ THE BIBLE (NLT)

Acts 9:36-42

BIG IDEA

Practical kindness helps people see what God is like.

REAL LIFE

In Acts, Tabitha was known for the clothes she made and the way she cared for people. Her faith had fingerprints on it. It’s easy to say, “I’ll pray for you,” and then miss the need right in front of you. Kindness can be concrete: share notes with a sick classmate, help clean up, carry equipment, or bring someone food. Ask first, and respect their dignity. Skip the photo op. Keep the focus on the person.

THINK ABOUT IT

Which need around you could you actually help meet?

GO ONE MORE TODAY

Offer one practical, right-sized act of kindness.

PRAY

God, let my care show up in something useful.

WHEN LOVE COSTS

READ THE BIBLE (NLT)

John 12:1-8

BIG IDEA

Real love will cost you something.

REAL LIFE

Mary poured expensive perfume on Jesus' feet while others complained she was wasting it. Her love cost her something. Real friendship sometimes costs more than a quick emoji: your time, your comfort, an apology, or missing out on something fun. Healthy love still has limits. You never have to ignore your boundaries or put yourself in danger to prove you care. The question is whether your care stays convenient or becomes generous when a real need shows up.

THINK ABOUT IT

When has someone given up something to care for you?

GO ONE MORE TODAY

Give someone unhurried time, or make one sincere apology.

PRAY

Jesus, teach me to love generously and wisely.

YOUR STORY COUNTS

READ THE BIBLE (NLT)

John 4:28-30, 39-42

BIG IDEA

You can tell someone what Jesus has done for you before you have every answer.

REAL LIFE

The woman at the well didn’t have every answer about Jesus, but she knew something had changed in her. She told people what she had experienced and invited them to come see for themselves. Maybe you feel like you don’t know enough Bible to talk about faith. Start with what you do know: what you used to think, how you’ve encountered Jesus, and what is different or still changing. If you’re still exploring, you can honestly say that too. Use your own everyday words. A true story told simply is enough.

THINK ABOUT IT

What has Jesus changed in the way you see life?

GO ONE MORE TODAY

Write three sentences: before, meeting Jesus, and now.

PRAY

Jesus, help me tell my story with honesty and humility.

SIDE-BY-SIDE CONVERSATIONS

READ THE BIBLE (NLT)

Acts 8:26-35 (whole story: 8:26-40)

BIG IDEA

Good faith conversations start with a question and a willingness to walk alongside.

REAL LIFE

Philip met a traveler reading Scripture and opened with a question: “Do you understand what you are reading?” He came alongside someone who was already curious. Your friends may have real questions about faith, suffering, church, or Jesus. What helps most is a safe place to think out loud. Pay attention to what they’re actually asking. Admit it when you don’t know, and offer to find an answer together.

THINK ABOUT IT

What spiritual question has someone asked you?

GO ONE MORE TODAY

Ask a respectful faith question, only where it feels natural.

PRAY

God, help me walk beside people and never talk down to them.

LISTEN TO UNDERSTAND

READ THE BIBLE (NLT)

James 1:19-20

BIG IDEA

People open up when they know they'll be heard.

REAL LIFE

James tells us to be quick to listen and slow to speak. That's hard when you're sure you're right, or when someone's question hits a nerve. Listening to someone doesn't mean you agree with everything they say. Let your friend finish. Repeat back what you heard in your own words and ask, "Am I getting that right?" If they share a painful church experience, resist the urge to defend everybody. Listen to the hurt first. Patience makes honesty feel safe.

THINK ABOUT IT

Do you listen to understand, or to plan your reply?

GO ONE MORE TODAY

Have one conversation without interrupting or checking your phone.

PRAY

Jesus, make me patient and humble in conversation.

TELL IT IN TWO MINUTES

READ THE BIBLE (NLT)

Acts 26:9-18 (whole story: 26:1-23)

BIG IDEA

Your story shows people that Jesus actually changes lives.

REAL LIFE

When Paul talked about Jesus, he told his own story: who he used to be, how he met Jesus, and what changed. A real story is often easier to understand than church words people have never heard. Practice yours in everyday language. What was life like? How did you start trusting Jesus? What difference is He making now? Keep it short and leave room for questions. Saying “I’m still learning” is honest and perfectly okay. Keep the spotlight on Jesus. Your story is there to help someone see Him.

THINK ABOUT IT

Which part of your story could encourage a friend?

GO ONE MORE TODAY

Practice a truthful two-minute version out loud.

PRAY

Father, help me share clearly and keep the focus on Jesus.

FAITH WITH SHOES ON

READ THE BIBLE (NLT)

1 Thessalonians 2:7-12

BIG IDEA

People hear the message of Jesus best when they can see it in your life.

REAL LIFE

Paul reminded people that he shared his life with them along with the message. You can know all the right answers and still be hard to be around, impatient, or unkind. People notice whether our words show up in our actions. Is your faith making you more honest? Quicker to apologize? More generous with the person who has nothing to offer you? Nobody expects you to be perfect. Real faith makes room for confessing and growing. Let what you say about Jesus match how you treat people.

THINK ABOUT IT

Where is there a gap between your words and your actions?

GO ONE MORE TODAY

Connect one truth about God to a real moment of care today.

PRAY

Jesus, help my everyday life point toward You.

THE LOVING INVITATION

READ THE BIBLE (NLT)

Mark 2:13-17

BIG IDEA

Inviting someone toward Jesus is an act of love.

REAL LIFE

Jesus called Levi to follow Him while Levi was still figuring things out. Jesus didn't wait for him to clean up his life first. Maybe a friend has asked about your church or why your faith matters to you. It's okay to invite them to take a step. Be clear about what they're being invited to and what to expect. Offer to go with them. Make it easy to say no. The invitation is a gift you're offering, and they get to decide what to do with it.

THINK ABOUT IT

What could make visiting church less intimidating for your friend?

GO ONE MORE TODAY

Offer a specific, no-pressure invitation, and offer to go together.

PRAY

Jesus, give me courage to invite and humility to respect the answer.

COME AND SEE

READ THE BIBLE (NLT)

John 1:43-46

BIG IDEA

Sometimes the best answer to a doubt is, “Come and see.”

REAL LIFE

When Nathanael doubted what he’d heard about Jesus, Philip skipped the argument and said, “Come and see for yourself.” You won’t have a perfect answer for every objection, and that’s fine. You can say, “That’s a fair question,” “I don’t know yet,” or “Want to look into it together?” Some people have honest concerns. Some carry hurt from the way Christians have treated them. Listen carefully before you suggest anything. Curiosity and humility keep a conversation open. Getting defensive usually shuts it down.

THINK ABOUT IT

What question about faith is hard for you to answer?

GO ONE MORE TODAY

Practice saying, “I don’t know, but I’d like to explore that with you.”

PRAY

Father, help me be open, truthful, and respectful.

WHEN THEY SAY NO

READ THE BIBLE (NLT)

Mark 10:17-22

BIG IDEA

Jesus lets people walk away, and He keeps loving them.

REAL LIFE

A rich young man walked away from Jesus' invitation. Jesus let him go, and the Bible says Jesus loved him. That matters. If a friend says no to church, a Bible study, or a conversation, you haven't failed. Don't guilt them, post about it, or keep pushing past their boundary. Thank them for being honest. Keep the friendship going, because the friendship is real. They should feel safe saying no and still know you care.

THINK ABOUT IT

How do you normally handle rejection?

GO ONE MORE TODAY

Decide now how you'll respond graciously to a "no."

PRAY

Jesus, help my love stay steady when someone chooses differently.

DOUBTS ARE WELCOME

READ THE BIBLE (NLT)

John 20:24-29

BIG IDEA

Honest questions deserve patient friends.

REAL LIFE

Thomas had questions after Jesus rose from the dead, and Jesus met him right there in his doubt. Real faith has room for questions. A friend may wonder how God can be good when people suffer, or why Christians disagree so much. You may wonder the same things. Don’t pretend to know what you don’t. Find trustworthy ways to explore together, like asking a youth leader, and admit when an answer feels incomplete. Safe conversations make room for both conviction and curiosity. The truth can handle your questions.

THINK ABOUT IT

Which question would you ask God if you could?

GO ONE MORE TODAY

Ask a friend what they genuinely wonder, and listen without rushing.

PRAY

God, help me face hard questions with patience and courage.

NOBODY SHOULD WALK IN ALONE

READ THE BIBLE (NLT)

Acts 2:42-47

BIG IDEA

Sometimes the next step toward Jesus is meeting people who make His welcome real.

REAL LIFE

The first followers of Jesus learned, ate, prayed, and cared for each other together. Their faith was a whole way of life. If a friend visits church or youth group, the friendliest part may happen before and after. Meet them outside. Sit with them. Introduce them around without putting them on display. Tell them what to expect. Afterward, ask what they thought and let them be honest. Community helps people feel the welcome they hear about.

THINK ABOUT IT

How does your group feel to someone new?

GO ONE MORE TODAY

Invite someone into a welcoming setting and stay beside them.

PRAY

Jesus, let our community reflect Your welcome.

SOMEONE ELSE MAY WATER IT

READ THE BIBLE (NLT)

1 Corinthians 3:5-9

BIG IDEA

Your part matters even if someone else gets to see the result.

REAL LIFE

Paul compared helping people know Jesus to planting and watering a garden. Different people play different parts, and God is the one who makes things grow. You may plant a seed of kindness. A teammate, a grandparent, or a friend your person hasn't even met yet may have the next conversation. That's okay. Nobody's keeping score. Thank the people who've cared for you, and keep playing your small part with joy. The story is bigger than you, and that's good news.

THINK ABOUT IT

Where are you tempted to take credit or control?

GO ONE MORE TODAY

Thank someone who has helped another person grow.

PRAY

God, help me serve without needing recognition.

BELIEVE IN A NEW CHAPTER

READ THE BIBLE (NLT)

Acts 9:26-28

BIG IDEA

Grace can write a new story. Help people believe it.

REAL LIFE

When Saul started following Jesus, a lot of people were afraid to trust him. Barnabas stood beside him and helped others see that grace had changed his life. You don’t have to ignore real harm or drop healthy boundaries. You can refuse to trap someone forever in an old label. The class clown can grow. The person who messed up can apologize and change. Celebrate real steps forward and encourage them honestly. People need accountability and hope together, and nobody should be defined forever by their worst moment.

THINK ABOUT IT

What label might you need to stop putting on someone?

GO ONE MORE TODAY

Name one specific positive change you’ve noticed in a person.

PRAY

Jesus, help me see people with truth, wisdom, and hope.

NO STRINGS ATTACHED

READ THE BIBLE (NLT)

John 13:3-15 (whole story: 13:1-17)

BIG IDEA

Jesus served people because He loved them. Period.

REAL LIFE

Jesus washed His followers' feet, including the ones who would misunderstand Him and let Him down. He served them because He loved them. That's a good test for your own motives. Would you still be kind to your one person if they never came to church with you? Would they still matter to you if they disagreed with everything you believe? Real love says yes. Give without expecting a spiritual response or social credit. Nobody should feel like a number on your scorecard. Treat people the way Jesus does, as people He loves.

THINK ABOUT IT

Would your kindness continue if nothing changed?

GO ONE MORE TODAY

Do one thoughtful thing with no strings attached.

PRAY

Jesus, keep my motives rooted in love.

TAKE THE NEXT STEP

READ THE BIBLE (NLT)

Acts 9:10-19

BIG IDEA

God often answers one person’s prayer through another person’s obedience.

REAL LIFE

Ananias was asked to go see Saul, a man with a scary reputation. Ananias was nervous, and he went anyway. The next faithful step is usually smaller and more specific than the big plan in your head. Send a message. Apologize. Ask how someone is doing. Invite a friend on a walk. You can’t predict where it will lead, and you don’t have to. Courage is sometimes just putting a name, a place, and a time on one good intention. Ask God for wisdom, then do what you can actually do today.

THINK ABOUT IT

What good intention have you been putting off?

GO ONE MORE TODAY

Choose one person, one action, and one time. Follow through.

PRAY

Father, make me willing to take the next faithful step.

THERE’S ALWAYS ROOM

READ THE BIBLE (NLT)

Luke 15:1-7

BIG IDEA

God throws a party over every one who comes home.

REAL LIFE

Jesus’ story of the lost sheep ends with a celebration. That tells us something about God’s heart: He is thrilled when people come home to Him. Over these thirty days, maybe you saw a friendship grow. Maybe you didn’t see any change at all. Either way, you practiced noticing, praying, listening, serving, and inviting. Those are habits for a whole life of following Jesus. Look back at what God has done in you. Keep loving your person. The calendar ends here, and the invitation to care keeps going.

THINK ABOUT IT

How have you changed over the last thirty days?

GO ONE MORE TODAY

Pick one rhythm of prayer or friendship to carry into next month.

PRAY

Jesus, thank You that there is always room for one more.

WHAT'S NEXT?

Look back. Who did you notice? When did you choose patience? How did prayer change the way you cared for someone?

Keep going with a rhythm you can actually keep: pray, check in, share a meal, invite, or simply be there. People are worth loving.

Go one more.

MY NEXT ONE-MORE STEP: