

# SELAH Devotional — Week 2: Sent

*Matthew 28:18–20*

## Stop

Take a moment to pause.  
Put your phone face-down.  
Quiet the noise for just a few seconds.

Say silently: *“Jesus, You’re here.”*

## Exhale

Let go of the idea that you must have everything together to follow Jesus.  
Let go of the pressure of trying to be impressive or perfect.  
Let go of the fear of getting it wrong.

Just breathe.  
Let those thoughts settle.

## Look

Read these words slowly:

**“All authority in heaven and on earth has been given to Me... and I am with you always.”**

Now think about this:

- Jesus isn’t nervous.
- Jesus isn’t unsure.
- Jesus isn’t waiting for you to be confident before He uses you.

He already reigns.  
Right now. In your school. In your friend group. In your family.

You don’t have to drag Him into your world—  
He’s already there.

And notice what He actually tells you to do:

**Make disciples.**

Not “be perfect.”

Not “have every answer.”  
Just help other people walk toward Him.

## Ask

Ask Jesus honestly—no filters:

- “Where are You already moving in my school?”
- “Who is struggling around me that I’ve ignored?”
- “Who do I actually have influence with?”
- “Who am I close enough to that You might want me to reach?”

Ask yourself:

- “Do I believe Jesus is with me *in the awkward moments?*”
- “Am I willing to move closer to someone instead of pretending I don’t notice them?”

## Hear

Listen to Jesus’ words:

“**All authority...**” — You don’t have to be the hero.

“**Make disciples...**” — You don’t need a stage; just someone to walk with.

“**Teach to obey...**” — Real faith shows up in real life.

“**I am with you...**” — You never step into a conversation alone.

Hear this truth clearly: “*The people you are closest to are the people I’ve called you to love.*”

*Jesus, thank You for being present in my everyday life. Show me the people around me who need Your love. Give me courage to be close to them. Not fake. Not distant. Just real. Help me take one step this week—to encourage, to listen, to serve. Remind me that You’re with me every step. Amen.*