

# STUMIN

## FAMILY DAILY DEVOTIONAL



**STEP BY STEP | OCTOBER 26-NOVEMBER 1, 2022**  
THE HOLY SPIRIT IS OUR GUIDE

*But the fruit of the Spirit is love, joy, peace, [patience], kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

*Galatians 5:22-23 NIV*

### >> OCTOBER 26

This passage is kind of like a thermometer for our faith. It helps us know whether our thoughts, words, and actions are being motivated by what we want or by God's Spirit—the Holy Spirit—in us. So before we think, speak, or do anything, we can ask ourselves questions like: "Is this loving? Joyful? Peaceful? Patient? Kind? Good? Faithful? Gentle? Self-controlled?"

Memorizing this passage will help you have that thermometer for your thoughts, words, and actions in your heart and mind all the time.

*Teach us to number our days, that we may gain a heart of wisdom.*

*Psalms 90:12 NIV*

### >> OCTOBER 27

A heart of wisdom. What is it? It's the thing that will help us choose God's best for our lives. It's what helps us speak words that build others up, choose friends that encourage us in our faith, and make decisions that we won't regret later. And according to this verse, a big key to having a heart of wisdom is understanding that life is short. So instead of worrying about what people think of us, or holding grudges, or going after things that won't last, instead, let's remember that each day we have on Earth is a gift from God. Let's choose to live with a heart of wisdom.

Today, ask God to give you a heart of wisdom.

*We can make our plans, but the Lord determines our steps.*

*Proverbs 16:9 NLT*

### >> OCTOBER 28

It takes a lot of time and energy to make a plan. When we want to hang out with friends, when we're going on a trip, when we have a big game coming up—we spend a lot of time planning for it. But before all that effort, we need to ask ourselves an important question: "Do I trust that God's plan for my life is better than my plan for my life?" What's awesome is that God's plan will bring us more joy, peace, and hope than our plans ever could.

Does that mean we shouldn't make plans for ourselves? Of course not! But we can trust God to lead us in them. Each day this week, think about how you can choose to trust God's plan for your life that day. How can you trust God's plan today?

*You will show me  
the way of life,  
granting me the joy  
of your presence and  
the pleasures of living  
with you forever.*

*Psalms 16:11 NLT*

## >> OCTOBER 29

Sometimes we think that following Jesus means life will be boring. We worry that faith will make us miss out on all the fun in life. Well, these words remind us that Jesus wants us to experience life to the full. How? By spending time with Jesus. That's where real joy and real life are found!

So today, choose one way you will spend time with God. Praying? Going for a walk in creation? Listening to worship music? Serving someone else? How will you spend time with Jesus? Whatever it is for you, spend time enjoying being with Jesus today.

*Therefore, if anyone  
is in Christ,  
the new creation  
has come:  
The old has gone,  
the new is here.*

*2 Corinthians 5:17 NIV*

## >> OCTOBER 30

Have you ever wanted a fresh start? Maybe you made a mistake, or said something you didn't mean, or just had a bad day. When that stuff happens, we all wish for a fresh start, a new beginning, a chance to try again.

Well, the good news is that Jesus gives us that every single day. When we believe in and follow Jesus, as this verse reminds us, the old is gone. We have a new start—a fresh start—each and every day because of Jesus!

In what area of your life do you need a fresh start? Use this verse as a prayer to ask for Jesus' help for a fresh start to try again.

*Yes, everything else  
is worthless when  
compared with the  
infinite value of  
knowing Christ  
Jesus my Lord.*

*Philippians 3:8a NLT*

## >> OCTOBER 31

Have you ever gotten something new that almost immediately caused you to forget about something old? It isn't that the old was bad... but the new shoes, phone, or video game just kind of made the old one worthless to you. This is how Paul describes what knowing Jesus is like.

Of course, that doesn't mean we start hating everything that isn't praying or reading our Bible. Paul is talking more about a change in perspective, saying that when we realize how good Jesus is, how good the life is that Jesus leads us to, we will see that nothing else can give us what Jesus can.

*And now, dear  
brothers and sisters,  
one final thing.  
Fix your thoughts  
on what is true, and  
honorable, and right,  
and pure, and lovely,  
and admirable.  
Think about things  
that are excellent and  
worthy of praise.  
Philippians 4:8 NLT*

## >> NOVEMBER 1

Our thoughts can be difficult to control. While we might want to think about things that honor God, ourselves, and others, actually doing that can be challenging at times. It's easy for our minds to worry, or compare ourselves to others, or dwell on something negative that somebody said about us. Thankfully, Jesus came to Earth to help us shift our focus toward what is true, honorable, right, pure, lovely, and admirable. The very things this verse talks about!

Look back at the words in this verse: true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise. Choose just one of those words and write down what thoughts you have today that focus on that thing!