

# STUMIN

## FAMILY DAILY DEVOTIONAL



LET'S TALK ABOUT ANXIETY | JANUARY 11-17, 2023  
GOD CAN HELP US WALK THROUGH ANXIETY.

*Even when I walk  
through the  
darkest valley,  
I will not be afraid,  
for you are close  
beside me.*

*Psalms 23:4a NLT*

### >> JANUARY 11

While anxiety may be a very real battle for many of us, God didn't leave us to walk through it alone. In fact, God gives us many tools to help us take on anxiety. One of the greatest is scripture! When we memorize God's Word, it's there in our hearts and minds to help us in our most anxious moments. It's one of the tools we need to walk through anxiety!

So, work to memorize this verse today! Start by writing down some of the things that may be causing some anxiety in your life. Then, over the words on your list, write this verse. Let it be a reminder that the truth in God's Word is bigger and stronger than anything else in your life!

*Anxiety weighs down  
the heart,  
but a kind word  
cheers it up.*

*Proverbs 12:25 NIV*

### >> JANUARY 12

Have you ever had a rough day that was turned around when someone said something nice to you? It probably cheered you up a little, didn't it? That's because words are powerful. While we've all been on the receiving end of negative words, in today's verse, an ancient and wise king named Solomon reminds us how we can use our words for the good of others. Kind words are like a lifeline we can throw out to friends who might be weighed down or discouraged.

Who's one person you know who could benefit from the power of kind words? Today, choose to make a positive difference with your words by encouraging that person.

*And we know  
that in all things  
God works for the  
good of those  
who love him,  
who have been called  
according to his  
purpose.*

*Romans 8:28 NIV*

### >> JANUARY 13

Life is full of highs, but it's also full of lows. In the moments when nothing feels like it's going the way we hoped it would, it's easy to find ourselves wrestling with anxiousness, stress, and doubt.

While it's easy to let our circumstances affect our faith, this verse reminds us that in all things—good and bad—God is always working. God is big enough to use it all to achieve God's purpose for your life.

Today, if you're dealing with a tough situation in your life, remember that God can be trusted. Write today's verse on a notecard as a reminder that you can trust God no matter what you're going through.

*In their hearts  
humans plan their  
course, but the Lord  
establishes their  
steps.*

*Proverbs 16:9 NIV*

## >> JANUARY 14

Throughout your life, you will make countless decisions— some big and some small. Sometimes, the weight of all the decisions can make us feel anxious about the future. Thankfully, if we follow Jesus, we can trust that God cares about our future. We can be confident that God is directing our steps.

Today's verse reminds us that if we put our trust in God, God will take us where God wants us to be. Should we try to make the best decisions we can? Of course! But are we totally hopeless when we have anxious feeling about the future? Not at all.

Today, ask God to show you the best decisions to make and give you the courage to make those good decisions. Then, thank God for helping guide your steps forward.

*Cast all your anxiety  
on him because he  
cares for you.*

*1 Peter 5:7 NIV*

## >> JANUARY 15

Imagine carrying your book bag to school every day, only instead of it being full of books, it's full of the things you worry about. It could be upcoming tryouts, a big test, or maybe a sick family member. Just like our books in a book bag, we carry this stuff with us every day, and over time, it can weigh us down.

But here's one of the amazing things about God: God doesn't want you to carry those burdens alone! Why? Because God cares for you. God knows you and cares about every part of your life. God wants you to give your anxiety to Him—because God wants to show you incredible care.

*So don't worry  
about tomorrow,  
for tomorrow will  
bring its own worries.  
Today's trouble  
is enough for today.*

*Matthew 6:34 NLT*

## >> JANUARY 16

Have you ever felt so overwhelmed by anxiety that you don't even know where to start? It's a miserable feeling. But here's some good news: you can always start by bringing your worries to God.

No matter what may be going on in your life, nothing is too much for God to handle. So, instead of feeling overwhelmed, you can trust God to handle your future ... one day at a time.

So, the next time you feel stressed or anxious, pray about it. Tell God what's happening and how you're feeling. Then, decide to trust God with it.

*Come to me,  
all you who are  
weary and burdened,  
and I will  
give you rest.*

*Matthew 11:28 NIV*

## >> JANUARY 17

Being a teenager can be tough. If you're tired from the hectic pace of life, burdened by fear, overwhelmed by the pressure to measure up, or struggling with insecurity that says you never will—Jesus says, "Come to me to find rest." Jesus wants to restore the parts of your mind, heart, and soul that are tired and worn out. The truth is, your soul is at its best when you come to Jesus for rest.

So make it a point to spend a few minutes with God on a daily basis—not to add another thing to your already-filled day, but to find some rest. Tell God what's on your mind, and where you need some help. And then just chill for a few minutes knowing God is with you, loves you, and cares about everything going on in your life.