

# STUMMIN

## FAMILY DAILY DEVOTIONAL



**YOUR NEW PLAYLIST | APRIL 17 - 23, 2024**  
**QUIET THE CRITIC.**

*When doubts  
filled my mind,  
your comfort gave me  
renewed hope  
and cheer.*

*Psalm 94:19 NLT*

### >> APRIL 17

No matter how much we'd like to avoid negative, critical thoughts, the reality is we're all going to have them from time to time. That's part of being human! Rather than giving up and letting those thoughts play on repeat in our minds, we have the power to quiet those thoughts with God's Word. Memorizing Scripture gives us truth to replace our negative thoughts with, and that's the most powerful tool we have to create a new playlist!

Keep working to memorize this verse this week. To do so, write each word on its own small piece of paper. Then, crumble all the pieces into small balls. Put the paper balls in a cup and shake it up. Pull the pieces of paper out of the cup and attempt to put the words in order as you unfold each piece one at a time.

*Commit everything  
you do to the Lord.  
Trust him,  
and he will help you.*

*Psalm 37:5 NLT*

### >> APRIL 18

We all have goals, like making the team or getting a good grade. Sometimes, we put a lot of pressure on ourselves to reach those goals. In other words, the volume on our inner critic gets turned up loud! It's important to remember that Jesus says if we follow and trust His leading in our lives, we can find peace in any outcome. We don't have to stress ourselves out by putting on the pressure to reach our goals. Instead, we can trust in Jesus and know He will help us every step of the way.

Is there a goal you want to reach? Every time you think about it, stop and ask Jesus to help you. Pray that you will trust in Him and listen to His voice every step of the way.

*"And don't be afraid  
of the people, for I  
will be with you and  
will protect you. I, the  
Lord, have spoken!"*

*Jeremiah 1:8 NLT*

### >> APRIL 19

Getting to know other people can be scary. Teachers, coaches, friends, classmates, and even family members—they're all people who will have an opinion about us. That can be scary, right? While we all may experience some fear of what others think, it's important to remember that Jesus is always with us. When we hear the judgment or criticism of others begin to play in our minds, we can be secure in knowing Jesus is always with us and will always tell us what's true about who we are!

Write down all the positive things you know to be true about who you are. Focus on the things Jesus says about you. (Hint: Google it if you need help!) Read that list when you need help quieting the fear of criticism and judgment from others.

*What blessings await  
you when people  
hate you and exclude  
you and mock you  
and curse you as evil  
because you follow  
the Son of Man. When  
that happens,  
be happy!  
Yes, leap for joy!  
For a great reward  
awaits you in heaven.  
Luke 6:22-23a NLT*

## >> APRIL 20

Have you ever had someone judge you for your faith? Maybe they've made fun of you, or talked down to you, or just whispered behind your back about the choice you've made to follow Jesus. While that kind of criticism isn't fun or helpful, it is something Jesus understands. Scripture shows us that Jesus Himself experienced judgment, teasing, and negative opinions for the life He lived and the faith He taught us about. So, the next time you feel misunderstood or judged for the choice you've made to follow Jesus, remember that Jesus knows exactly how you feel!

Take time today to pray, thanking God for sending Jesus to not just show us how to live, but to share in what we may be going through in life today.

*For I can do  
everything  
through Christ,  
who gives me  
strength.*

*Philippians 4:13 NLT*

## >> APRIL 21

Have you ever felt nervous to try something new? Maybe a new sport, or a different activity, or even a new haircut. When we try something different, there's always a fear of what's to come. Sometimes, it works! But other times, we end up feeling criticized or judged for even trying. In those moments, it's easy to let the voice of criticism speak loudest in our minds. But the reality is, God's voice is louder. And more than that, God's truth can quiet the critic. With God, we can find the strength to face anything and any critic. That's the promise God gives us: to strengthen us every day!

*Live in harmony  
with each other.  
Don't be too proud to  
enjoy the company of  
ordinary people.  
And don't think you  
know it all!*

*Romans 12:16 NLT*

## >> APRIL 22

Humility isn't about thinking less of ourselves; it's about having a healthy view of ourselves and others. It's seeing ourselves as loved by God and recognizing that others hold the same value. When we live with this understanding, harmony becomes possible.

Today, choose to love and understand those around you. Instead of being critical of others, focus on seeing them through God's eyes. While you're at it, look at yourself the same way!

*But you are  
a chosen people,  
a royal priesthood,  
a holy nation, God's  
special possession,  
that you may declare  
the praises of him  
who called you out  
of darkness into his  
wonderful light.  
1 Peter 2:9 NIV*

## >> APRIL 23

How do you think God would describe you? Do you think God would point out all of the things you have done wrong? Not at all. Peter describes the people of God not only as a royal priesthood, but also as chosen, holy, and God's special possession. There's no special requirement and there's no disqualification. God has declared that you already belong—calling us out of darkness, as Peter writes, into God's wonderful light.

Today, thank God for calling you out of darkness and into light. Listen for God's voice calling you holy and special instead of replaying the critical voices within and around you.