

STUMIN

FAMILY DAILY DEVOTIONAL



YOUR NEW PLAYLIST | APRIL 24 - 30, 2024
FEELINGS AREN'T FOREVER.

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

Psalms 94:19 NLT

>> APRIL 24

Here's an idea for how you can memorize this verse:

Connect the words to familiar places or create catchy acronyms—anything to make them stick. Maybe you even want to attach a visual cue to each word to help you remember. Something like doubt = waves, comfort = sunshine, hope = Obi-Wan Kenobi. Who knows what it is for you, but you get the point. Find a way to break down the words of this verse into images, letters, or other visual cues that help you commit the entire thing to memory. Remember, that memorizing Scripture is a great way to remind yourself that God is with you and for you every day!

*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 4:8b NLT

>> APRIL 25

Our thoughts are powerful, and what we choose to focus on matters. Paul encourages us to fix our thoughts on things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. This is key to finding peace in our minds. So, let's practice setting our minds on these kinds of things.

Today, take a few minutes to think about something that brings you peace and joy—maybe a beautiful view of nature or another verse from Scripture that encourages you or brings you comfort.

*Don't panic.
I'm with you.
There's no need to
fear for I'm your God.
I'll give you strength.
I'll help you. I'll hold
you steady, keep a
firm grip on you.*

Isaiah 41:10 MSG

>> APRIL 26

Be real with God today. Start by telling God what you're afraid of. God will listen to you and comfort you. Remember that you don't have to be afraid because God is with you in your fear!

So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Romans 8:6 NLT

>> APRIL 27

Control is something we all want, but we can choose to let our minds be led by God's Spirit. God's Spirit is the presence, power, and help of God walking with us and working in the world around us each and every day. When we allow the Spirit to guide us, our life starts to reflect the goodness and love of God.

Today, let's pay attention to where God wants to lead us in the ways we think and the mindsets we choose. Then, you can trust that as you do this, God will lead you to experience life the way it's meant to be and more of the peace we all want!

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Isaiah 26:3 NLT

>> APRIL 28

When life goes in a direction we don't want, it's easy to let our thoughts run wild. We daydream about an alternate reality that's more pleasant, and in the meantime, we disconnect from the present we are living in. It can feel like an escape, but we don't live in the world we create with our imagination. We are living here and now. This verse encourages us to fix our thoughts on God because when we do, we can access the peace that is made available to us, right now. Peace isn't found in escaping the difficulties in our lives, but in anchoring ourselves in the presence of God, who is always with us in the midst of challenges. Knowing we aren't alone and that we are loved can give us peace even in the most challenging times.

There is a time for everything, and a season for every activity under the heavens.

Ecclesiastes 3:1 NIV

>> APRIL 29

Seasons come, and seasons go. If you hate the cold, don't worry, spring is coming to warm you up. Is summer too hot? That's okay because that crisp fall air is right around the corner! There is a season for everything, which is just how God designed it. And that's true even when it comes to our lives. God promises us that what is now, whether good or bad, won't be forever. That there can always be hope for things to change. The best part? While seasons will change, God always remains the same.

Take a moment to thank God for 3 big blessings in your life (be specific!) and for the opportunity to grow during the all seasons of your life.

For the things we see now will soon be gone, but the things we cannot see will last forever.

2 Corinthians 4:18b NLT

>> APRIL 30

Our feelings can be big sometimes, right? Well, as big as they may seem, our feelings don't have to be the loudest voice in our lives. When troubles come, we have a choice: We can let our feelings take charge or we can remind ourselves of what is true. What is that? Well, Paul - the writer of many letters in the New Testament - said, our troubles won't last. And more than that, if we trust God with them, they have the potential to bring good things into our lives. When our feelings try to tell us otherwise, we can focus on the truth that feelings aren't forever - but God is!