

STUMMIN

FAMILY DAILY DEVOTIONAL



EVERYTHING EVERYWHERE | MARCH 13 - 19, 2024
WHEN EVERYTHING IS EVERYWHERE, JOY IS ALWAYS A CHOICE.

*Give all your worries
and cares to God, for
he cares about you.*

1 Peter 5:7 NLT

>> MARCH 13

Memorizing Scripture is key when it comes to dealing with stress and worry. Why? Because when we find ourselves feeling overwhelmed by the things going on in our lives, we can easily go back to what we know God says is true. Keeping God's Word in your mind points you back to the God who knows you and is with you no matter what stress you are experiencing.

This week, work on memorizing this verse. Write each word of this verse on a different sticky note or index card. Then, see if you can place each word in the correct order. Do this as many times as you can this week until you've got the verse memorized!

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

Proverbs 12:25 NIV

>> MARCH 14

Has someone ever encouraged you through a stressful time in your life? Maybe they sent you texts or wrote you thoughtful notes. Maybe they gave you a gift or bought you a meal to let you know they were thinking of you. Or maybe they simply offered something as small as a smile or hug. Whatever it was, chances are you remember it because it helped you feel better during a stressful time. While we may not have the ability to fix everyone's stress, we do have the ability to offer kindness and encouragement to help them through.

Is there someone you know going through something stressful? Find a way to show them kindness and encourage them this week.

*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

>> MARCH 15

Are you one of those people who naturally look for the good in everything? Or do you sometimes have a hard time finding the bright side in a stressful situation? No matter which side you land on, difficult circumstances can make it hard for any of us to find the good. The Bible promises that even in the middle of times like that, good is still happening. That's because God is always at work, able to take even the most difficult and stressful times in our lives and use them for good.

If you're walking through something that is causing you stress, remember that God is still good. And when that's hard to see, talk to someone in your life about ways they see God working even when you can't see it.

*Therefore do
not worry about
tomorrow,
for tomorrow will
worry about itself.
Each day has enough
trouble of its own.*

Matthew 6:34 NIV

>> MARCH 16

While thinking ahead and working toward success isn't a bad thing, focusing too much on what may come tomorrow can cause us a lot of anxiety today. When worry, fear, or stress about your future feels overwhelming, remember that God holds your future. And God will give us everything we need not just to make it through today, but every day.

Write this verse down and put it in a place where you can see it so that you can focus on this truth when you find yourself worried about the future.

*"Peace I leave with
you; my peace I give
you. I do not give
to you as the world
gives. Do not let your
hearts be troubled
and do not be afraid."*

John 14:27 NIV

>> MARCH 17

Have you ever dealt with something so stressful that it seemed as if peace was absolutely impossible? Sometimes when we face difficult circumstances, it's easy to forget about the many promises that God has made to us in Scripture—one of them being that God will give us peace. This isn't just any kind of peace; this is peace that can only come from God. It's real, lasting peace that sticks with us no matter what is happening around us. And honestly, who wouldn't want that?

Are you struggling to feel peace in a particular circumstance right now? Fill in the blank as you pray this prayer: "God, I ask for your peace as I deal with _____."

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

Proverbs 16:9 NIV

>> MARCH 18

For most of us, it's easy to make plans for the future. Whether it's what you want to do this weekend, what classes you need to take at school, or what you need to buy the next time you go to the store, there's something in us that's always planning our next steps. But what Scripture reminds us is that ultimately, it's God who directs our steps. So rather than worrying about what will come in the future, we can trust in God with every piece of our future, big and small.

Who is someone you trust? Today, tell them about one dream you have for the future, and ask them to brainstorm with you how you can trust God with that!

*Commit your actions
to the Lord,
and your plans
will succeed.*

Proverbs 16:3 NLT

>> MARCH 19

Have you ever had a really great idea or a big dream, but then you talked yourself out of actually going after it? Maybe you let the negative voices in your head convince you that you didn't have what it takes. Or maybe you listened to the voices of others who said that there was no way you'd ever be able to do it. We've all been there! But today, God wants you to know that it's okay for you to dream big. In fact, that's how you were created! God wants to remind you that no matter how big the dreams or ideas you have for the future may be, God has something even bigger, even greater in mind. With God, anything is possible!