

STUMIN

FAMILY DAILY DEVOTIONAL



THE ONE | FEBRUARY 23-MARCH 1, 2022
BOTTOM LINE: YOU PICK YOUR PERSPECTIVE.

*Above all else, guard
your heart, for
everything you do
flows from it.*

Proverbs 4:23 NIV

>> FEBRUARY 23

Imagine you and a friend are trying to keep a ball in the air without letting it touch the ground. Of course, you would handle it carefully. And if that ball were made of glass? You would be even MORE careful! Sometimes we forget that our heart is fragile and we treat it carelessly. Protecting your heart means remembering both who you are and whose you are. Your heart is the core of who you are so don't allow it to be mistreated by people who don't understand your value.

What could protecting your heart and remembering who you are look like today?

*Don't copy the behavior
and customs of this world,
but let God transform
you into a new person
by changing the way you
think. Then you will learn
to know God's will for
you, which is good and
pleasing and perfect.*

Romans 12:2 NLT

>> FEBRUARY 24

We tend to work really hard to fit in, but once we do, the mold we fit into can feel constricting and uncomfortable. But what if we weren't meant to fit one specific mold? What if there was more to us than being forced to be the way everyone else is?

In fact, the things that make you different or unique are the very things that make you you. They are the things God can use in you to make a distinct difference in the world. You were made on purpose to be a uniquely gifted child of God, and God is ready to work with you to help you use your giftedness according to His perfect plan.

This week, ask God to show you how God sees you.

*Be on guard. Stand
firm in the faith.
Be courageous.
Be strong. And do
everything with love.*

*1 Corinthians 16:13-
14 NLT*

>> FEBRUARY 25

Simple and clear instructions are the best. They avoid any confusion, guessing, or potential misunderstandings. Maybe that's why this verse is so helpful. The first part reminds us that our faith isn't just something that happens to us. We have to be active in growing it. The verse reminds us to stand firm in what we know. Then it ends with the real point of our faith, the real evidence of our relationship with God: do everything with love. It doesn't get more straightforward than that.

This week, as you are making choices, don't just ask yourself if something is right or wrong. Instead, consider whether what you are doing is being done in love. Let courage, strength and love be your guide.

*May these words of
my mouth and the
meditation of my
heart be pleasing
in your sight, LORD,
my Rock and my
redeemer.*

Psalm 19:14 NIV

>> FEBRUARY 26

Can you think of someone you look up to? Maybe an older sibling you wanted to dress like or an artist you want to emulate. Whoever it is, you want them to like or approve of you, right? The psalmist in this verse is looking up to God. He has so much respect for God, that he wants to do everything he can—in his words, his actions, and his motivations— to please God. This verse is about recognizing that in everything we do or say, we should be looking to God to determine how we live.

This week, when making decisions, ask God this question: “Does this honor you?”

*I can do all this
through him who
gives me strength.*

Philippians 4:13 NIV

>> FEBRUARY 27

No matter what our friends might say, being single is not the end of the world, and even a healthy relationship doesn’t have to be your whole world! It can be terrifying to step out of a relationship, or to not spend all of your energy pursuing relationships. But, having a new perspective on dating can allow you to grow and enjoy the other aspects of your life more. And you don’t have to do it alone. Jesus is with you and can give you the strength to change your perspective.

Do you have a healthy perspective when it comes to dating? If not, what is one thing you can do this week to adjust your perspective?

*Create in me a pure
heart, O God, and
renew a steadfast
spirit within me.*

Psalm 51:10 NIV

>> FEBRUARY 28

Some of us can remember a time when we made a significant faith decision—some moment where we decided to take our faith more seriously. Those moments can be a big deal, but this verse uses a word that is just as important when it comes to our faith: steadfast.

We might remember the emotional and significant moments of our faith journey, but for our faith to grow and get stronger, it needs to be steadfast. That means the day to day, less interesting, emotional, or meaningful moments matter too.

This week, look for ways to grow in your faith even in the moments that don’t necessarily stand out or feel all that memorable.

*The thief’s
purpose is to steal
and kill and destroy.
My purpose is to
give them a rich and
satisfying life.*

John 10:10 NLT

>> MARCH 1

This verse is important because it reminds us that God always has our best interests in mind. Following God will lead us where we want to go.

To help you memorize this verse, write each word on a separate notecard. Every day this week, mix up the cards and try and put them back in order. Challenge yourself to try to do it faster each day.