

STUMIN

FAMILY DAILY DEVOTIONAL



HABITS | OCTOBER 6-12, 2021

BOTTOM LINE: TALKING TO GOD HELPS US KNOW HIM BETTER

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.

PHILIPPIANS 4:6 NLT

>> OCTOBER 6

Worry seems to be a natural part of life, doesn't it? When you feel worried about homework, or friendships, or things happening in your family, what is your first response? Do you ignore it? Talk with somebody about it? Try to stuff it down? Get angry? The Bible reminds us that the best first step for when we feel worried is prayer. When we take our worries to God and tell God what we need, it may not make our worries go away, but it certainly makes them easier to manage.

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

*1 THESSALONIANS
5:16-18 NLT*

>> OCTOBER 7

Never stop praying. How do we actually do that? We can't have our heads bowed and eyes closed all day, right? Well, that's not exactly what this verse means. The writer is encouraging us to keep prayer on our minds all the time. To make it a habit—an everyday part of our faith! When we're moving throughout our days, we can go to God in prayer often. Tell God you're thankful for the family He placed you in. Let God know you need help being kind to the person who isn't kind to you. Ask God for the courage to finally try out for the team or ask for the promotion. Find a simple way to make connecting with God through prayer a habit every day.

Devote yourselves to prayer with an alert mind and a thankful heart.

COLOSSIANS 4:2 NLT

>> OCTOBER 8

Staying focused when you're praying can be tough! We all lose focus from time to time.

What can we do to help ourselves stay connected with God in prayer? Try this: Choose a word that reminds you of God. Maybe it's something like joy, faithfulness, or strength. Use that word to start your prayer. And anytime your mind starts to drift toward your homework, or your hungry stomach, or whatever else is on your mind, say that word out loud to help your mind get back on track. Make it a habit to re-focus your mind using the word that reminds you of who God is.

You can pray for anything, and if you have faith, you will receive it.

MATTHEW 21:22 NLT

>> OCTOBER 9

Are you praying big prayers? God wants to give us way more than we can ever ask or even imagine, and that's a pretty amazing promise! Yet so often, we don't think to go to God with big requests, or big appreciation. What big things would you like to do for God? What big things do you hope to see God do in your life? What big things are you thankful for? Don't hold back in taking your biggest and boldest prayers to God.

Rejoice in our confident hope. Be patient in trouble, and keep on praying.

ROMANS 12:12 NLT

>> OCTOBER 10

When life feels hard, challenging, or overwhelming, we can find encouragement from verses like this one. As Paul reminds us here, we can have hope and find patience when we're struggling if we keep on praying. When we make prayer an everyday part of our lives—in the good and the bad—we can find what we need to get through each and every day with God's help and hope.

For God says, 'At just the right time, I heard you. On the day of salvation, I helped you.' Indeed, the "right time" is now. Today is the day of salvation.

2 CORINTHIANS 6:2 NLT

>> OCTOBER 11

Our relationship with God requires a commitment and time, just like our relationships and friendships with other people. The only difference is that the way we talk with God isn't the same as the way we talk to others.

Instead of responding back to God's texts, we can talk to God through prayer. Instead of hanging out with God at the mall, we can spend time getting to know God by reading our Bibles. We can get to know God more in many different ways!

Right now, think about your week. When will you spend time with God? What will you do during those times?

Go to the Lord for help; and worship him continually.

PSALM 105:4 GNT

>> OCTOBER 12

When we aren't sure what to say or how to pray, Scripture can help us find the words. We can use verses like this one as prayers to talk to God. This week, let this verse guide you in prayer. Say it as a part of your prayers to God every day. The goal is not only to memorize this verse, but to use it as a way to connect with God through prayer. For example, you could rephrase it in a prayer like this: "God, I'm so thankful that I can go to you for help. Help me to worship you continually by opening my eyes to your presence all around me. Amen."