

# STUMIN

## FAMILY DAILY DEVOTIONAL



THOUGHTS AND PRAYERS | FEBRUARY 21-27, 2024  
PRAYER CONNECTS YOU TO GOD.

*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*

### >> FEBRUARY 21

Sometimes prayer can feel complicated. Maybe we're not sure what to say or how to say it. Is there a right way to pray? The good news is that when we pray with an open and honest heart, we can be sure God is there to listen and respond. And one way to pray is with Scripture. We can use verses (like this one!) to help guide our prayers.

To do that this week, work on memorizing this verse by writing it out as a prayer.

*"I tell you, you can  
pray for anything,  
and if you believe  
that you've received  
it, it will be yours."*

*Mark 11:24 NLT*

### >> FEBRUARY 22

Prayer isn't so much about asking for things we want; it's more about connecting to the God who promises to give us what we need! All that's required of us in prayer is belief. When He was on Earth, Jesus spent a lot of time talking to His followers about belief. He wanted to make sure His people really believed God would hear their prayers. And the same is true for us today! When we pray, it's important to do so with faith that God hears us, loves us, and wants to give us good things.

This week, spend time in prayer. Specifically, ask God to help you believe that God hears your prayers and knows what you need.

*"And so I tell you,  
keep on asking, and  
you will receive what  
you ask for. Keep  
on seeking, and you  
will find. Keep on  
knocking, and the  
door will be opened  
to you."*

*Luke 11:9 NLT*

### >> FEBRUARY 23

How well would you be doing in school if you only went once in a while? How bad would your next visit to the dentist be if you only brushed your teeth once a month? There are some things we have to do over and over again to see the benefit from it. And one of those things is prayer. The more you make prayer a habit in your life by doing it over and over again, the easier you'll find it to connect with God. And the more often you connect with God, the more you'll begin to see the good of it in your life.

Decide on a specific time in your day to pray and connect with God. Then, set an alarm or a reminder for yourself, so you remember to keep doing it!

*The Lord hears his people when they call to him for help. He rescues them from all their troubles.*

*Psalm 34:17 NLT*

## >> FEBRUARY 24

God hears you each time you pray. And that's great news! It means you don't have to use big words or close your eyes for God to hear you. God only wants us to show up and trust that God is there to hear our prayers and to help us with the troubles we're praying about.

Is there something difficult you're going through right now? Are you worried about something? Tell God about it. You can ask a trusted friend or family member to pray with you, asking God to help you through it.

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

*Colossians 4:2 NLT*

## >> FEBRUARY 25

Sometimes the best prayer we can pray is one of gratitude. Simply saying, "Thank You, God," can speak volumes. Remember, prayer isn't just about asking God for things; it's also about thanking God for what we've already been given. It's hard to be grateful when we're only focusing on what we don't have, isn't it? But when we focus on what we do have, we start to see our hearts change, becoming more thankful with each prayer of gratitude we pray.

Try practicing gratitude this week by looking for things in your life to be thankful for. Write them down as you think of them and keep that list as a reminder of all God has given you. Then, spend time thanking God for each one in prayer.

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

*Romans 12:12 NLT*

## >> FEBRUARY 26

Prayer can require a lot of patience. That's because sometimes it takes a long time to see results. Maybe we're praying for a good grade, or to make the team, or for a friend who is hurting, or a parent who is sick. Some of those prayers are answered quickly, but others, not so much! The good news is that when we keep on praying and practice patience when it comes to prayer, we can be confident God is working, even while we're waiting. All it takes is a little hope to keep praying and continue trusting God.

Today, share with a friend a prayer you are waiting on God to answer. Ask them to encourage you to keep praying. You could even ask them to be praying for you, too!

*In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.*

*Psalm 5:3 NIV*

## >> FEBRUARY 27

One of the most important factors in any relationship is communication, and that's exactly what prayer is - having a conversation with God. Imagine how terrible your relationships would be if you only talked periodically with the other person, said what you had to say, and left the conversation before they could respond. It wouldn't be great! David, the author of Psalm 5:3, gives us insight into his relationship with God, setting aside time in his day to not only speak to God but to also patiently wait for God's response. What would that look like for you?

Make time today to meet with God when you're not in a rush to get to the next thing, and plan time to listen just as much as you speak.