

# STUMIN

## FAMILY DAILY DEVOTIONAL



**EVERYTHING EVERYWHERE | MARCH 6 - 12, 2024**  
**WHEN YOU'RE CARRYING A LOT, REMEMBER THAT GOD CARES A LOT.**

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

*1 Peter 5:7 NLT*

### >> MARCH 6

Have you ever found yourself dealing with stress? One minute everything is fine, and the next, your mind is racing with anxiety and worry over all the things going on in your life. Well, one of the best ways to help yourself when life feels like a lot is to remember what's true. God's Word gives us so much comfort and help, including when we're feeling stressed!

This week, work to memorize this verse for the next time you feel stressed about something. Write it down and place it somewhere you feel stress often. Maybe that's in the textbook of a really hard class, or on your mirror in your room, or in your locker at practice. Each time you see it, say it quietly to yourself, both to memorize it and to help with the stress that may come your way.

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

*Psalms 94:19 NLT*

### >> MARCH 7

Have you ever experienced a time where it seemed like a lot of things were happening all at once? Maybe you had a huge homework assignment due, a big test you forgot about, and no time because your day was already filled with other things to do. That is a lot of stress! Then, you start to feel more stress about the consequences of not getting it all done. Instead of getting overwhelmed by it all, remember you have help! Because of God, there is no task or circumstance that you have to do by yourself. God is with you every day to comfort you in your stress.

What's one thing causing fear, doubt, or stress in your life right now? Share that with God in prayer today.

*Don't be afraid,  
for I am with you.  
Don't be discouraged,  
for I am your God.  
I will strengthen you  
and help you.  
I will hold you up  
with my victorious  
right hand.*

*Isaiah 41:10 NLT*

### >> MARCH 8

Have you ever been so worried about something that might happen that you lost your ability to enjoy what was actually happening? Fear and discouragement have a way of stealing our joy in the moment. We stress over a lot of "what ifs," and that's no way to live! Because not only do we waste time worrying and feeling discouraged about something that may never happen, we don't get to experience the amazing things God's actually doing for us right now.

This week, spend time with a friend, family member, or small group leader. Set aside your stress and do something fun together. Let yourself simply enjoy all that God is already doing in your everyday life!

*Then Jesus said,  
“Come to me, all of  
you who are weary  
and carry heavy  
burdens, and I will  
give you rest.”*

*Matthew 11:28 NLT*

## **>> MARCH 9**

Rest can be a hard thing for a lot of us to understand. With trying to balance school, sports, family, friends, and church, taking a break from all the things that keep us busy might seem impossible. But God wants us to remember that we don't have to carry it all on our own. In fact, God invites us to come to God with all the things we're juggling in this life. When we do, God can help take on the heavy load and give us rest from our stress.

Take some time to memorize this verse. Let it remind you that, sometimes, the best decision you can make is to slow down and find your rest in God.

*This is my  
command—be strong  
and courageous! Do  
not be afraid  
or discouraged.  
For the Lord your God  
is with you  
wherever you go.*

*Joshua 1:9 NLT*

## **>> MARCH 10**

Do you feel strong? Not physically strong, like you can bench press a million pounds, but emotionally strong? When stressful things happen or life throws challenges at you, do you feel courageous enough to face them? The truth is that, on our own, none of us are strong enough to fight off the stress or discouragement that comes against us in life. But with God's help, we can! And the good news is that God is with us wherever we go, helping us through the things that feel like a lot to handle.

This week, try to spend a little time with God. Go for a walk, read your Bible, listen to some music, or write in your journal. As you do, focus on the fact that God is with you and will never leave you to face anything alone.

*I wait quietly  
before God,  
for my victory  
comes from him.  
He alone is my rock  
and my salvation,  
my fortress where I  
will never be shaken.*

*Psalms 62:1-2 NLT*

## **>> MARCH 11**

The writer of this Psalm said, "Wait quietly before God." As hard as it may be to wait sometimes, it's when we are quiet that we can hear the voice of God.

Waiting quietly on God means recognizing there is Someone greater than my problems who can solve them and who will take care of them for me.

It means believing that God's plans will work out, and that I will be okay. It means trusting that God is working on something greater for my good.

Is there something in your life you are waiting on right now? Think about what it means for you to wait quietly before God about that thing.

*Can all your worries  
add a single moment  
to your life?  
And if worry can't  
accomplish a little  
thing like that, what's  
the use of worrying  
over bigger things?*

*Luke 12:25-26 NLT*

## **>> MARCH 12**

Sometimes when we encounter stressful situations, we think that removing the stress is up to us. We believe that we have to fix whatever it is by doing or changing something about the situation. While sometimes that can be true, often times that's just not the case. The best thing to do when we feel stressed is to focus on trusting God. God is the One in control of the situation. Rather than worrying about what we can do to change it, we can be confident that God sees us, hears us, and wants to help us get through it.

Spend time with God in prayer about what's stressing you out, asking God to remind you that God is in control and you don't have to worry.