

# STUMIN

## FAMILY DAILY DEVOTIONAL



**YOUR NEW PLAYLIST | APRIL 3 - 9, 2024**  
**YOU CREATE YOUR PLAYLIST.**

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

*Psalms 94:19 NLT*

### >> APRIL 3

While the struggle to stop overthinking may be a very real battle for many of us, God didn't leave us to walk through it alone. In fact, God gives us so many tools to help us change our thoughts and choose a new playlist. One of the biggest is scripture! When we memorize God's Word, it's there in our hearts and minds to focus on when we need it most.

So, work to memorize this verse today! Start by writing down some of the things that you may be overthinking in your life. Then, on top of that list, write this verse. Let it be a reminder that the truth in God's Word is bigger and stronger than anything else in your life!

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

*Proverbs 12:25 NIV*

### >> APRIL 4

Have you ever had a day where nothing seemed to go your way? Days like that have a way of making us anxious, right? When we're experiencing anxiety, we tend to overthink every little detail of what went wrong. The next time you find yourself overthinking, try to shift your focus to find the good. Maybe it's a friend being kind, or having your favorite snack waiting for you at home, or even just a sunny day. While it won't change your circumstances, shifting your focus toward the good can help you change the playlist in your mind.

Make a list this week of the positive things you have going on in your life. Use it to focus on the good the next time you find yourself overthinking on the not so good!

*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*

### >> APRIL 5

Do you ever feel like there just aren't any good things happening in your life? Honestly, we've all struggled to deal with the overthinking that happens when life gets difficult. But remember that God is always working for good in your life. The next time you're struggling through a time in life when nothing feels good or right, remember that God is with you and working for the best for you. That's something worth keeping in mind!

Take time this week to share a few of the ways you see God's goodness in your life with a trusted friend or family member. Ask them to remind you to look for God every day, especially when you're struggling to change the soundtrack in your mind!

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

*Proverbs 16:9 NIV*

## >> APRIL 6

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 career you want to pursue, there's something in us that's always thinking about our next steps. If we're honest, we might admit that it's more like overthinking! What Scripture reminds us is that, ultimately, it's God who directs our steps. So, rather than worrying our minds with what will come in the future or letting ourselves be anxious about the days ahead, we can trust in God to shape every part of our future, big and small.

Today, ask a friend or family member about how they've trusted God to guide their steps and shape their plans.

*Cast all your anxiety  
on him  
because he cares  
for you.*

*1 Peter 5:7 NIV*

## >> APRIL 7

If you've ever struggled to stop overthinking the details of your life, both big and small, then you know just how difficult it can be. The weight of our thoughts can feel like a lot to carry! The good news for all of us is that we don't have to carry it all by ourselves. Jesus promises to walk with us and to help us by taking on what's worrying us.

What in your life are you overthinking about right now? Today, give those things to Jesus. Ask Him to carry the weight of them for you and be with you as you change your thoughts.

*"Come to me,  
all you who are weary  
and burdened,  
and I will give you rest."*

*Matthew 11:28 NIV*

## >> APRIL 8

Life can be tough. That's why it's important to find rest—to find peace from the things that are causing us to overthink negative thoughts. That's exactly what Jesus is talking about in Matthew 11:28. He wants us to rest in Him. Simply finding peace with Jesus will go a long way in helping you get through the day-to-day stress you might be dealing with right now!

Take a few minutes today to rest with Jesus. Read your Bible, listen to music, go for a walk, or write in your journal. Simply spend time with Jesus as a way to help you change the playlist in your mind!

*But he said to me,  
"My grace is sufficient  
for you, for my power  
is made perfect in  
weakness." Therefore  
I will boast all the  
more gladly of my  
weaknesses, so that  
the power of Christ  
may rest upon me.*

*2 Corinthians 12:9 ESV*

## >> APRIL 9

Have you ever heard people say, "God will never give you more than you can handle!" It's supposed to make us feel better, but the truth is, God never said that, and if you asked Jesus, He would probably say that wasn't true for Himself either. Jesus had to handle death on the cross. In other words, there is no promise that we won't get more than we think we can deal with. What we ARE promised is what Paul said in this letter to the Corinthians—God's grace is sufficient for you and God's power is made perfect in weakness. In those moments, where it feels like it's all too much, we can trust that grace is enough, and that God's presence in the midst of it is powerful.