

# STUMIN

## FAMILY DAILY DEVOTIONAL



**EVERYTHING EVERYWHERE | MARCH 20 - 26, 2024**  
**GOD USES OTHER PEOPLE TO HELP US WHEN WE'RE STRESSED.**

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

*1 Peter 5:7 NLT*

### >> MARCH 20

Stress has a way of taking over our thoughts. Instead of being able to remember what's true and what's best, when we're under a lot of stress, all we can think about is that! That's when having Scripture in your mind can help. When those stressful thoughts feel like a lot, you can replace them with the truth of God's Word—the truth that you can take all your worries, stresses, and cares to God.

To continue memorizing this verse this week, try putting it to the tune of a familiar song. This could be your favorite song, a nursery rhyme you sang as a kid, or an original tune you come up with if you're feeling it! Each time you find yourself feeling stressed, sing this verse to yourself as a reminder that you can take all your worries to God in prayer.

*"I have told you all  
this so that you may  
have peace in me.  
Here on earth you  
will have many trials  
and sorrows. But take  
heart, because I have  
overcome the world."*

*John 16:33 NLT*

### >> MARCH 21

With heavy things happening on the news, in our communities, and maybe even in our homes, it can easily begin to seem as if no place is safe. Remember that no matter where you go or what you encounter, God is with you every day. And because God is with you, you don't have to walk around stressed out, worried, or afraid. Though bad things may happen in this world, you have a God on your side who has already overcome it all with the light and love of Jesus.

Today, spend some time with God by taking a walk through your neighborhood. As you do, ask God to remind you that because of Jesus, you can experience peace instead of stress, worry, or fear.

*Trust in the LORD with  
all your heart; do not  
depend on your own  
understanding. Seek  
his will in all you do,  
and he will show you  
which path to take.*

*Proverbs 3:5-6 NLT*

### >> MARCH 22

It's hard to trust God when things feel stressful. It's difficult to see that God is working for our good when life is hard and we're full of anxiety. Though we may not always be able to change the circumstances that cause us to worry, we can make a choice to trust God through it. Because as Solomon, the author of much of the wisdom we find in the Bible, points out: trusting God will always lead us down the right path. That is something we can hold on to when life stresses us out!

As you face stressful circumstances this week, pray this prayer: "God, I choose to trust you with this."

*Let the peace of  
Christ rule in your  
hearts, since as  
members of one  
body you were called  
to peace. And be  
thankful.*

*Colossians 3:15 NIV*

### >> MARCH 23

A strange thing happens when we find ourselves in stressful situations. We tend to feel fearful, worried, and anxious. In moments like that, peace certainly doesn't feel possible! Well, remember that because of Jesus, we can have peace no matter what is going on around us. When we're in the middle of a circumstance that makes us feel worried or afraid, we can still experience the peace that Jesus gives us.

This week, use this verse as a prayer to ask for God's peace when you find yourself in a stressful situation.

*When I am afraid, I  
put my trust in you.*

*Psalms 56:3 NIV*

### >> MARCH 24

Who is the first person you call when you find yourself in a stressful situation? Who do you turn to when life feels like a lot? Maybe for you it's a best friend, or a parent, or even your small group leader. Those are all great options! In those moments, we can go to God, too. It can be easy to feel like God's too busy, or that your concern isn't big enough for God, or that God may not even be there to help. But as the Psalms tell us, those moments—the times when we feel most stressed or afraid—those are the moments God wants to hear from us. That's when we can put our trust in God to help us manage our stress.

As you find yourself faced with anxiety, worry, or stress this week, try praying first.

*Give your burdens to  
the LORD, and he will  
take care of you. He will  
not permit the godly to  
slip and fall.*

*Psalms 55:22 NLT*

### >> MARCH 25

Have you ever had so many thoughts racing through your mind that you find it hard to sleep at night? Sometimes when we're stressed out about what's going on around us, our minds and bodies find it difficult to calm down and get some rest. Well, God wants us to know that no matter what it is that's keeping us up at night, we're okay. God will take care of us, and that is a promise we can be confident about.

Tonight, play your favorite worship song, read your favorite verse, write in your journal, or simply pray a prayer to God. As you do, remember that God is there to take care of you no matter what.

*Two people are better  
off than one, for they  
can help each other  
succeed. If one person  
falls, the other can  
reach out and help.  
But someone who  
falls alone is in real  
trouble.*

*Ecclesiastes 4:9-10 NLT*

### >> MARCH 26

Asking for help comes naturally to pretty much...nobody. Whether we don't want to be a burden or we're embarrassed to let people know we're not okay, the result is holding a lot of stress in, which only makes it grow. But what if one of God's main ways to give us strength in our stressful circumstances is actually through others?

Try texting two people before you do anything else. First, text a trusted friend about a stressful circumstance you have going on, and ask them if they'd be willing to pray for you. Second, text someone else something encouraging, whether you know they're overwhelmed or not. When accepting help and helping others becomes a habit, stress loses its power.