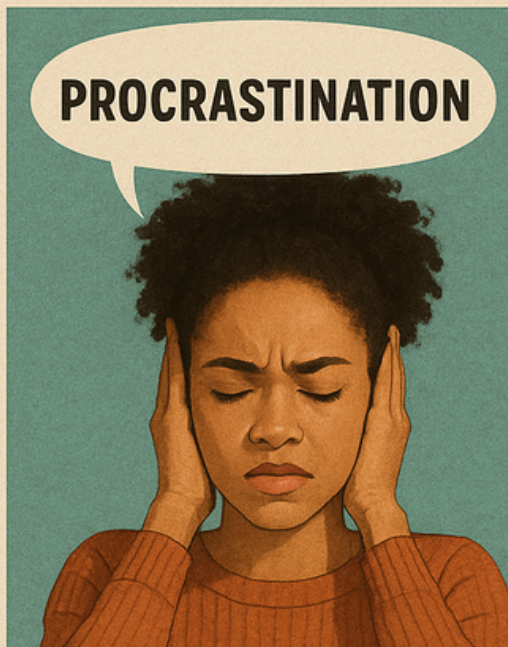
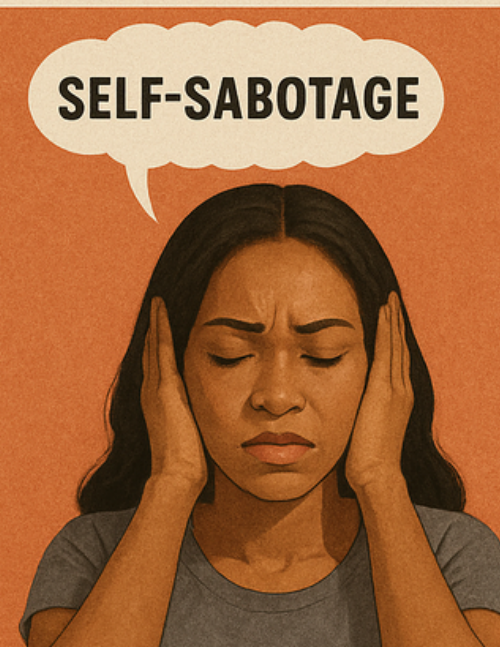
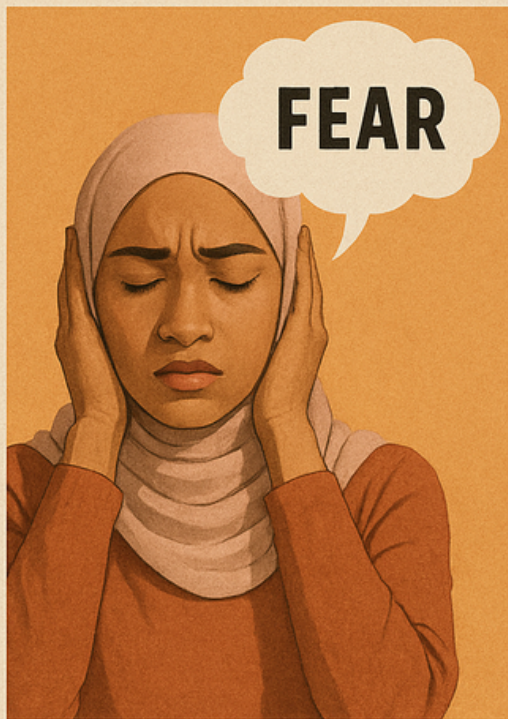


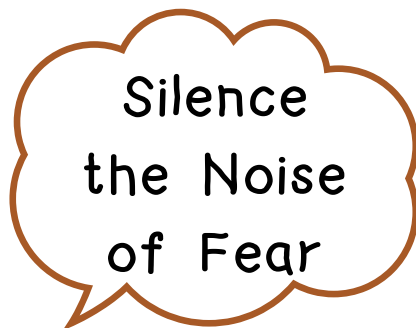
STOP THE NOISE



Introduction & How to Use

Welcome to Stop the Noise, a 5-day devotional designed to help you silence fear, doubt, procrastination, comparison, and self-sabotage so you can clearly hear God's voice and walk boldly in your purpose.

Use one devotional per day—read the scripture, reflect on the short lesson, declare the affirmation, and complete the call to action. Repeat as needed whenever the “noise” grows loud.



Scripture: “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” – 2 Timothy 1:7

Fear disguises itself as protection, but it is, in reality, a prison. It stops you from stepping into opportunities God has already prepared. When you recognize fear’s voice, remember it is not from God. His Spirit empowers you to walk forward with courage.

Affirmation: “I release fear and walk boldly in the power, love, and sound mind God has given me.”

Reflection: Write down one thing you’ve been afraid to do. Pray over it, then take a bold step toward it today.

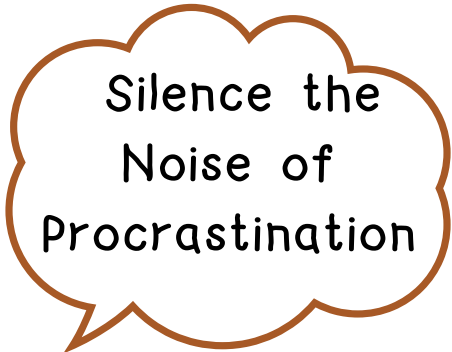
Silence the Noise of Doubt

“Blessed is she who has believed that the Lord would fulfill his promises to her.” – Luke 1:45

Doubt whispers that you are not enough, but faith declares that God is more than enough. Like Mary, you must believe in God’s word over your life even when you cannot see how it will unfold. Doubt delays destiny, but belief births breakthrough.

Affirmation: “I choose faith over doubt. God’s promises are sure, and I believe they will be fulfilled in me.”

Reflection: Identify one promise God has spoken over your life. Speak it aloud every morning and evening starting today.



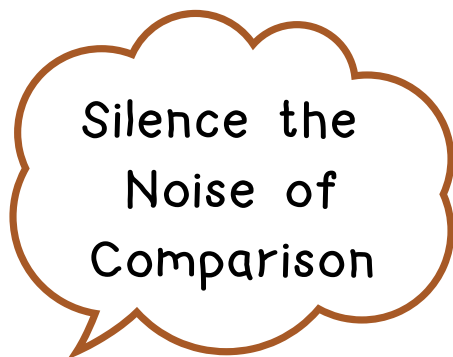
Silence the Noise of Procrastination

“Teach us to number our days, that we may gain a heart of wisdom.” – Psalm 90:12

Procrastination whispers, “You have more time.” But time is the most precious gift, and delayed obedience is still disobedience. Wisdom reminds us that our days are limited and purposeful. Each small step today is a seed for tomorrow’s harvest.

Affirmation: “I use my time wisely and move forward with urgency and purpose.”

Reflection: Choose one task you’ve been putting off. Break it into one small step and complete it today.



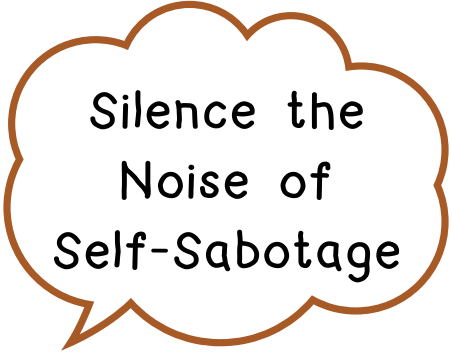
“Each of you should test your own actions. Then you can take pride in yourself alone, without comparing yourself to someone else.”

– Galatians 6:4

Comparison is a thief of joy and a distortion of identity. God’s blueprint for you is unique, and measuring yourself against others only blinds you to His divine design. Celebrate your progress and focus on your race, not theirs.

Affirmation: “I celebrate my unique journey. I am running my race with grace and purpose.”

Reflection: Write down three unique strengths or gifts God has given you. Thank Him for them in prayer.



Silence the Noise of Self-Sabotage

“Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”

– Hebrews 12:1

Self-sabotage often shows up as perfectionism, excuses, or destructive habits. These patterns entangle and keep you from fully running your race. By throwing them off, you clear the path for purpose. God calls you to run free, not bound.

Affirmation: “I release habits and thoughts that sabotage my progress. I run freely in the race God has set before me.”

Reflection: Identify one self-sabotaging habit. Replace it with a purposeful practice (e.g., trade negative self-talk for daily affirmations).

About the Author

Desiree Young is a Pastor, Christian Life & Purpose Coach, and Founder of EmergeHER Academy, where she empowers women of faith to discover their identity in Christ and rise in their God-given purpose with passion and power.

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