

ROOTED IN THE NOISE

A College Devotionaal for 33 Days
of Faith, Clarity, and Purpose in
a Digital World

By Anna Shepherd

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A College Devotional for 33 Days of Faith, Clarity, and Purpose in a
Digital World

Daily faith-building reflections for students navigating life in a noisy digital world.

Faith & Technology — Volume 2

BY ANNA SHEPHERD

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Table of Contents

Introduction.....	5
How to Use This Devotional.....	6
Week 1 — Trusting God through academic & emotional uncertainty.....	7
DAY 1 — Trusting God Through Academic & Emotional Uncertainty (Entry 1).....	8
Week 2 — Reconnecting with peace, friendships & god’s daily guidance.....	9
DAY 10 — Reconnecting with peace, friendships & god’s daily guidance (Entry 10).....	10
Week 3 — Resilience, belonging & healthy digital habits.....	11
DAY 19 — Resilience, Belonging & Healthy Digital Habits (Entry 19).....	12
Week 4 — Rest, surrender & walking in god’s purpose.....	13
DAY 28 — Rest, Surrender & Walking in God’s Purpose (Entry 28).....	14
Closing Blessing.....	14
Also by the Author.....	15
About the Author.....	16
Publisher.....	20

For every student searching for clarity in a noisy world. May these pages help you breathe again.

Introduction

College can feel like you're living with your heart wide open and your soul constantly overstimulated. Between assignments, friendships, deadlines, relationships, and the digital noise that never sleeps, it's easy to lose sight of who you are—and even easier to forget Who walks with you.

This devotional was created to help you slow down long enough to hear God again.

Over the next 33 days, you'll explore what it means to stay rooted in Christ while living in a world of constant connection and constant pressure. Each entry follows a rhythm of Scripture, reflection, and gratitude practice—designed to bring you back to peace, perspective, and spiritual clarity.

My prayer is that each day becomes a breath of fresh air. A pause. A reminder that you're not alone in this season, and that God is guiding you even when life feels loud.

Let's begin.

How to Use This Devotional

Each day includes:

- Scripture (KJV)
- A short reflection with practical encouragement
- A gratitude practice to ground your thoughts and steady your spirit

You are invited to use this devotional however it best serves your life:

- first thing in the morning,
- in the middle of a chaotic day,
- or right before bed to reset your heart.

Take your time. Let the Scripture settle in. Let gratitude soften your mind.
And most of all—let God speak.

Week 1 — Trusting God through academic & emotional uncertainty

DAY 1 — Trusting God Through Academic & Emotional Uncertainty (Entry 1)

Scripture:

Trust in the LORD with all thine heart; and lean not unto thine own understanding. —
Proverbs 3:5 (KJV)

Reflection:

Some days it feels like you're expected to have life figured out—your major, your purpose, your future, even your identity. When everyone else looks confident, it can make your uncertainty feel like a flaw. But Scripture reminds you that uncertainty isn't a failure of faith; it is the starting place of faith.

Real trust is built when your understanding ends. God doesn't ask you to map out the future—He asks you to lean into Him when the way forward isn't obvious. Peace comes not from having all the answers but from knowing the One who does.

Gratitude Practice:

Thank God for one area of uncertainty where you can choose trust today.

Week 2 — Reconnecting with peace, friendships & god's daily guidance

DAY 10 — Reconnecting with peace, friendships & god's daily guidance (Entry 10)

Scripture:

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.
— Isaiah 26:3 (KJV)

Reflection:

Life moves quickly—messages, notifications, commitments, responsibilities. It doesn't take long for your mind to feel crowded and your heart to feel unsettled. Yet God offers something radically different: perfect peace. Not a moment of calm, not a break in the chaos, but a steady, sustaining peace that guards you from within. This kind of peace grows when your attention returns to God, moment by moment. Not perfectly, but intentionally. Even small re-centerings—one prayer, one deep breath, one quiet pause—can anchor your ## Day in His presence.

Gratitude Practice:

Thank God for one moment this # Week when you felt even a small sense of peace or clarity.

Week 3 — Resilience, belonging & healthy digital habits

DAY 19 — Resilience, Belonging & Healthy Digital Habits (Entry 19)

Scripture:

The LORD is my strength and my shield; my heart trusted in him, and I am helped. — Psalm 28:7 (KJV)

Reflection:

Resilience isn't the absence of struggle—it's the presence of God in the middle of it. When your emotions feel heavy or your energy feels low, you don't have to push through with sheer willpower. God becomes your strength when your own runs out. The world often teaches you to "power through," but Scripture teaches you to lean. Trust is the shift from self-reliance to God-dependence. When you invite Him into your stress, exhaustion, or discouragement, He lifts what you were never meant to carry alone.

Gratitude Practice:

Thank God for one moment when He strengthened you during a stressful or exhausting time.

Week 4 — Rest, surrender & walking in god's purpose

DAY 28 — Rest, Surrender & Walking in God's Purpose (Entry 28)

Scripture:

Come unto me, all ye that labour and are heavy laden, and I will give you rest. — Matthew 11:28 (KJV)

Reflection:

Weariness doesn't always show on the outside. Sometimes it hides behind responsibilities, expectations, academic pressure, or the quiet belief that you need to hold everything together. Jesus sees that hidden weight and offers not criticism, but rest.

Rest in Christ is more than sleep—it is relief for your soul. It is the shift from self-reliance to God-dependence, from carrying everything to letting Him carry you. When you bring your heaviness to Him, He replaces it with peace that settles deep within.

Gratitude Practice:

Thank God for one burden you can hand over to Him today.

Closing Blessing

May you continue to find stillness, clarity, and God's steady presence as you move forward with courage and purpose in this digital age.

Also by the Author

Faith & Technology Series

1. *Faith & Technology Vol. 1 — Innovating with Faith*
2. *Faith & Technology Vol. 2 — Rooted in the Noise*
3. *Faith & Technology Vol. 3 — Sacred Screens*
4. *Faith & Technology Vol. 4 — Faith at Full Speed*
5. *Faith & Technology Vol. 5 — Wisdom in a Wired World*

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About the Author

Anna Shepherd writes devotionals for believers navigating modern life with timeless faith. Her work brings peace, clarity, and Scripture-driven encouragement to readers in every season.

If this devotional blessed you, Anna invites you to stay tuned for future titles in the Faith & Technology series and other upcoming works from NSH Publishing.

Acknowledgments

Every devotional book is a partnership—between the writer, the readers, and the God who inspires every word.

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Your review helps more readers discover devotional resources that strengthen their faith.

May God continue to guide you, strengthen you, and speak to you through His Word.

Publisher

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Notes
