

FINDING PEACE WHEN YOU FEEL ANXIOUS

God invites you to bring Him what you were never meant to carry alone.

READ THE WORD

PHILIPPIANS 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 PETER 5:7

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

JOHN 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

A SHORT DEVOTIONAL

Anxiety often begins when we try to carry tomorrow with today's strength. Scripture does not shame us for feeling overwhelmed. Instead, God invites us to bring every concern to Him through prayer. His peace is not dependent on everything around us becoming calm. It comes from knowing that we are held by a God who cares for us. We may not receive every answer immediately, but we can release every burden immediately. When anxious thoughts return, let them become reminders to pray. God's peace can stand guard over your heart even while you are still waiting for the situation to change.

DISCUSS

1. What concern are you carrying that God is inviting you to give to Him?
2. According to these verses, how is God's peace different from the peace the world offers?
3. What practical step can help you turn anxious thoughts into prayer this week?

YOUR NEXT STEP

Name one worry. Pray specifically about it, thank God for His care, and intentionally place it in His hands.

GOD IS WITH YOU IN DIFFICULT TIMES

The presence of trouble never means the absence of God.

READ THE WORD

PSALM 23:4

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

ISAIAH 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

PSALM 46:1

God is our refuge and strength, an ever-present help in trouble.

A SHORT DEVOTIONAL

Difficult seasons can make God feel distant, but Scripture repeatedly tells us that He is near. Psalm 23 does not promise that we will avoid every dark valley. It promises that we will not walk through one alone. God is our Shepherd when we cannot see the path, our strength when ours is gone, and our refuge when life feels unsafe. His presence may not remove the struggle immediately, but it changes how we move through it. We do not have to pretend to be strong. We can depend on the One who promises to strengthen, help, and uphold us.

DISCUSS

1. Which description of God in these verses do you need most right now: Shepherd, strength, refuge, or help?
2. How does knowing God is present change the way you face a difficult situation?
3. Who could you encourage this week with the reminder that God has not left them?

YOUR NEXT STEP

Write Isaiah 41:10 somewhere you will see it. Read it aloud whenever fear tells you that you are alone.

WHERE IS GOD WHEN LIFE HURTS?

God does not waste our pain, and He does not abandon us in it.

READ THE WORD

PSALM 34:18

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

ROMANS 8:28

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.

2 CORINTHIANS 4:8-9

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

A SHORT DEVOTIONAL

Pain can make us question God's nearness and goodness. The Bible does not minimize suffering or tell us to deny what hurts. It shows us a God who draws close to broken hearts. Romans 8:28 does not say that everything that happens is good. It says God is able to work within all things for good and for His purpose. Hardship may press us, confuse us, or knock us down, but it does not have to destroy us. God remains present, and He is still writing the story. Healing often takes time, but hope begins when we believe our pain will not have the final word.

DISCUSS

1. What is the difference between saying everything is good and believing God can work for good in everything?
2. Where have you experienced God's nearness during a painful season?
3. What would it look like to hold on to hope without pretending that the hurt is not real?

YOUR NEXT STEP

Tell God honestly where you hurt. Then ask one trusted believer to pray with you and walk beside you.

FORGIVENESS AND A NEW BEGINNING

Jesus does more than cover the past - He gives us a new life.

READ THE WORD

1 JOHN 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

ACTS 2:38

Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."

2 CORINTHIANS 5:17

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

A SHORT DEVOTIONAL

Many people believe their past disqualifies them from a future with God. The gospel tells a different story. Forgiveness begins when we stop hiding, confess our sin, and turn toward Jesus. In Acts 2, Peter called people to respond through repentance, baptism in Jesus' name, and receiving the Holy Spirit. God's purpose is not merely to make guilty people feel better. He makes us new. Your past may explain part of your story, but it does not have the authority to define your identity. In Christ, forgiveness is real, shame can be released, and a new way of living begins.

DISCUSS

1. Why do you think people sometimes struggle to believe they can truly be forgiven?
2. What responses to the gospel do you see in Acts 2:38?
3. What part of your old life or identity do you need to surrender to Jesus?

YOUR NEXT STEP

Respond honestly to God. Confess what needs to change, turn toward Jesus, and talk with a mature believer about your next step.

CAN I REALLY KNOW GOD PERSONALLY?

God is not hiding from you. He has made Himself known through Jesus.

READ THE WORD

JOHN 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

JOHN 14:6

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

JEREMIAH 29:13

You will seek me and find me when you seek me with all your heart.

A SHORT DEVOTIONAL

Christianity is more than learning facts about God. It is an invitation to know Him. God revealed His love and made a way for us to come to Him through Jesus. Jesus did not claim to be one possible path among many; He said He is the way, the truth, and the life. Knowing God begins with responding to Jesus in faith and continues as we seek Him through Scripture, prayer, obedience, and life with other believers. You do not need perfect understanding before you begin. Bring God your honest questions and an open heart. He promises that those who sincerely seek Him will find Him.

DISCUSS

1. What do these verses reveal about God's desire for you to know Him?
2. What is the difference between knowing about Jesus and personally following Jesus?
3. What is one step you can take this week to seek God with your whole heart?

YOUR NEXT STEP

Read Mark 1 this week. Ask: What does this show me about Jesus, and how should I respond to Him?