# Day 1: The Weight of Worry

**Scripture:** Proverbs 12:25 - "Anxiety weighs down the heart, but kind words cheer it up."

**Reflection:** Worry doesn't just stay in your head—it affects your entire body. God designed stress to protect you in moments of danger, but He never intended for you to live in a constant state of anxiety. When stress becomes your normal, it stops protecting you and starts breaking you down.

Think about Peter stepping out of the boat. For a moment, he did the impossible—he walked on water. But the second he shifted his focus from Jesus to the storm, he began to sink. What you focus on grows. When you focus on your problems, they get bigger. When you focus on the "what ifs," they multiply.

**Question:** What worry has been weighing down your heart lately? How has it affected not just your thoughts, but your body and daily life?

**Prayer:** Lord, I confess that I've been carrying worries that were never meant for me to carry. Help me recognize when anxiety is taking over, and teach me to redirect my focus back to You. You are my protector and provider. Amen.

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# Day 2: God Cares About What You're Worried About

**Scripture:** 1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."

**Reflection:** How many times have you thought your problems were too small for God to care about? First Peter doesn't say give God *some* of your anxiety—it says cast *all* of it on Him. God cares what you're worried about, and He cares how it makes you feel. He can handle it. His burden is light, and He will gladly trade it with you.

God never asked you to take control of your life. He calls you to walk in His will because He has a purpose for you. Jeremiah 29:11 reminds us: "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

If God already has a plan for your life, then your job isn't to figure everything out—it's to follow Him one step at a time.

**Question:** What anxiety have you been holding onto because you thought it was too small or too personal for God to care about?

**Prayer:** Father, thank You that nothing I face is too small for You. Help me trust that You truly care about every detail of my life. I cast my anxieties on You today, believing that You will carry what I cannot. Amen.

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# Day 3: God Will Provide

**Scripture:** Matthew 6:31-33 - "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."

**Reflection:** Jesus points to the birds and the flowers as examples of God's provision. They don't worry about tomorrow, yet God sustains them. Are you not much more valuable than they? When you worry, you're taking responsibility for what God has already said He would take care of.

This doesn't mean life will be easy—you still have to work. But it does mean your provision doesn't ultimately come from you. Your job, your skills, your efforts—these are tools God uses, but He is the source.

Every fear you named—financial collapse, health emergencies, failure—they all come back to the same question: "Can I trust that things will be okay?" When worry shows up, you're answering that question with "No, I can't trust, so I need to stay in control." But God is saying, "Seek Me first, and I will provide what you need."

**Question:** In what area of your life have you been trying to maintain control instead of trusting God's provision?

**Prayer:** Lord, forgive me for worrying about things You've already promised to provide. Help me seek Your kingdom first, trusting that You know what I need and that You will faithfully provide it. Amen.

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## Day 4: Take Every Thought Captive

**Scripture:** 2 Corinthians 10:5 - "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

**Reflection:** You have a choice in what you dwell on. God commands you to set your mind on things above (Colossians 3:2) and to take control of your thoughts. When worry comes, you can either accept it or reject it. You can choose to focus on what's God's responsibility, or you can let God handle it.

But when you replace worry, your mind doesn't stay empty—you need to fill it with something. Philippians 4:8 tells us what to think about: "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Notice what's missing from all those fears: God. What if the government collapses? God is still working. What if I'm not enough? God is. What if I let people down? God never will. Sound theology has a way of taking a great load off your mind.

**Question:** What worry keeps playing on repeat in your mind? What truth from Scripture can you use to replace it?

**Prayer:** God, I want to take every thought captive and make it obedient to Christ. Help me recognize when my thoughts set themselves up against Your truth. Fill my mind with what is true, noble, right, and praiseworthy. Amen.

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## Day 5: Cry Out to Jesus

**Scripture:** Matthew 14:30-31 - "But when he saw the wind, he was afraid and, beginning to sink, cried out, 'Lord, save me!' Immediately Jesus reached out his hand and caught him."

**Reflection:** When Peter realized he was sinking, he didn't try to fix it himself. He didn't double down or work harder. He didn't pretend everything was okay. He turned back to Jesus and cried out, "Lord, save me!"

And Jesus didn't wait. He didn't hesitate. He didn't lecture Peter first or ask him why he doubted. Scripture says *immediately* Jesus reached out His hand and caught him.

Some of you are in that moment right now. You stepped out in faith, and now you feel like you're sinking. Your instinct is to figure it out, to regain control, to manage the situation yourself. But that's the very thing that got you there in the first place.

Jesus doesn't expect perfection. He doesn't expect that you'll never struggle or never have fear. He just wants you to know exactly where to go when you do. Don't look harder at the storm. Don't trust yourself to get out of it. Look back to Jesus. He will reach out His hand and catch you.

**Question:** What situation in your life right now requires you to cry out, "Lord, save me"?

**Prayer:** Jesus, I'm sinking. I've been trying to figure this out on my own, and I can't. I'm crying out to You now—save me. I trust that You will immediately reach out Your hand and catch me. Thank You for never letting me go. Amen.