



Anxious Mind

Three Day Devotional for

PEACE, CALM
& STABILITY



Introduction

As I sit here typing in a corner of the cafe, socially distanced, I overhear chatter about the difficulty of making holiday plans during a pandemic, concerns about testing, fear-mongering headlines in the news, and strong opinions on the recent election.

This affirms my hunch that many feel discouraged. Anxious. Chaotic. Stuck. Concerned. Fearful.

One might argue that this is the most uncertainty in life some of us have faced so far.

It feels like a natural instinct for your mind to resort to negative thinking and the what-ifs in life. Maybe you lack confidence and faith in yourself and your own abilities. You feel a constant, low grade of anxiety in your soul at all times. Maybe you lack confidence and faith in the world you see around you.

Or you struggle with both and find it difficult to move through difficult circumstances and fix your eyes on Jesus.

In the midst of chaos and uncertainty, only Jesus can permeate our hearts with the stability, peace, calm, and truth required to push out negativity and sadness.



Introduction

Only He provides stability in an unstable mind and world. He provides peace and calm like nothing we will ever experience in our lives.

His truth is like sweet honey for the anxious soul.

And hope is never lost with Jesus in the picture.

When you feel so anxious and discouraged that you're at the very end of your rope, remember that Jesus is victorious; the battle has already been won.

When the uncertainty of the future and fear hang in the balance, remind yourself that God's Word is eternal and unchanging.

God wants us to seize the opportunity, making the choice to turn towards Him, not away from Him. That decision is the most important one you'll make in the midst of overwhelming feelings and discouragement.

While I hope you enjoy my personal stories in this devotional, my ultimate prayer is that you will listen for God's nudge and turn directly to His Word because He is the ultimate Comforter, Encourager, and safe haven for our anxious minds.



God Will Carry it All

Day One

“Mooooomm! I need help getting the cereal down.” As I roll over and check my phone, I realize it’s already 7 am (when my kids generally wake), but I still feel exhausted. My body doesn’t want to move and my mind certainly isn’t ready for the endless demands of two active boys.

I enter the kitchen, almost tripping over several hot wheels cars, and instantly notice the dishes piled up from the night before that I had intended to clean. My boys start looping around the house with more testosterone than I know how to handle. I realized I’m so overwhelmed that I’ve reached burnout status. Again.

Physical symptoms of muscle tension and a headache begin to emerge. My mind feels foggy and it’s becoming difficult to concentrate on what is in front of me. I know too well that if I don’t stop what I’m doing and deal with these feelings properly, I’ll be on the verge of eruption like a volcano. If mama ain’t happy, nobody is happy, right?

Let’s take a look at someone in the Bible with similar feelings. Elijah cried out, “I have had enough. I would rather die than go on facing this day in and day out.” While this is an extreme case of burnout, you can feel the exhaustion and desperation in his words. He had been through a marathon of trial. So when Queen Jezebel ordered him to be killed, he prayed for God to end his life. I’d say that sounds extremely overwhelming.



God Will Carry it All

Day One

“God could have granted His bold prayer, but He didn’t. God answered in quite the opposite way actually. He sent an angel to feed Elijah to prepare him for a 40-day journey to the mountain of God. (Did you know that the number 40 in the Bible signifies a period of testing?) God demonstrated His power and whispered to Elijah, asking him to continue his ministry.

God wants you to come to Him as you are.

He wants you to be vulnerable and lay down all of your thoughts, emotions, and burdens at His feet. To consistently spend time with God in His Word and take care of yourself spiritually. James 4:8 says, “Draw near to God and He will draw near to you.”

Give Him a chance to speak to you when you need Him most. Make the choice to go to God first, not last.

God is constantly shaping and growing you in every season, especially the most difficult ones. He is building character and strength through each trial.

“Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved (Psalm 55:22).”



God Will Carry it All

Day One

We often reach burnout status because we are trying to carry everything on our own, but the truth is we weren't created or meant to. God will carry it all because he cares for you. There is no load that is too heavy for Him.

"Come to me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light (Matthew 11:28-30)."

Affirmation: I will give all of my heavy burdens to God because He loves me.

Take Action: Offload your burdens to God. Take out a sheet of paper and write down everything that's overwhelming you right now. Pray individually over each burden. Open your hands towards heaven as you imagine God taking each worry out of your hands. Tear up the sheet of paper because they're not yours to carry any longer.



God Will Never Leave You Day Two

“As we drove through downtown Burbank, California, my anxiety strengthened and my heart started pounding. I knew this would be a difficult departure from my mom.

I was eighteen years old when I made the decision to attend school in California after completing my Cosmetology licensure in my home state of Minnesota. I remember the feeling of nervousness and anticipation when I knew in a few, short minutes I would truly be on my own.

My mom gave me an enormous hug and said goodbye before she drove to LAX airport to fly home. Immediately after she left, I went to my new bedroom and cried with an empty, almost sick, feeling in my stomach. I was excited about this opportunity, but I felt so alone for the first time. I needed time to process everything and this new experience of adulthood.

When we feel anxious or overwhelmed, it can feel so lonely and isolating. Maybe you ponder if anyone truly understands these difficult feelings that you have. Maybe you don't have the loving support of family and friends when you're struggling. Maybe you're in a role, such as a stay-at-home mom or a remote worker, that makes you feel completely isolated and you're desperate for socialization.

Your feelings are valid. God didn't create us to be alone; He created us to be connected in community with each other.



God Will Never Leave You Day Two

But sometimes we can't physically be with others and that hurts. I want you to know that there is nowhere you can go that is far from Christ. He is with you wherever you go and will never leave or forsake you.

Let's look at a biblical example of loneliness...

In 1 Samuel 23:14, David hid in the wilderness from Saul who was filled with jealousy and trying to kill David. It says, "Day after day Saul searched for him, but God did not give David into his hands." David was all alone hiding in the wilderness, but God never left his side and protected David from harm.

"Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish (Psalm 25:16)."

So when you're feeling overwhelmed and lonely, avoid your natural inclination to pull back and further isolate yourself. I have been guilty of doing this in the past, which results in a downward, even lonelier, spiral.

Seek your Creator because you were created to be connected with Him through a loving, personal relationship. When you build connection with God and grow in faith by reading His Word, praying, meditating, and worshiping, the loneliness will fade.



God Will Never Leave You

Day Two

Affirmation: God, you are with me right now. There is nowhere I can go to be separated from your love.

Take Action: Prayerfully ask God to surround you with His presence, so you can feel it. Sit in the quietness of your mind and listen for a small whisper from Him. Ask for the Holy Spirit to fill you and remind you today that you are not alone.



God Will Stabilize You Day Three

When I was skiing in beautiful Wyoming with my husband, I took a few terrible falls to the frozen ground. Due to my limited experience, I couldn't carve properly and my legs buckled below me. I had to crawl on the ground to grab my helmet, goggles, and poles. My body and mind felt unstable and I had my husband call for help to get me down the mountainside (not one of my finest moments).

When we feel unstable, it seems as if the ground below us is cracking and we're about to fall through. Our minds can start spiraling into what-ifs and worst-case scenarios. Maybe your mind feels like an unstable place right now and you need some professional guidance. Maybe you're dealing with a medical diagnosis that has brought you to your knees in pain. I don't know what you're facing, but I do know that God is the stability in life that you are looking for.

God is unchanging, powerful, and compassionate. He will carry you through any difficult season or circumstance. When you feel weak, defeated, or unstable, God is your rock, grounding your soul and spirit on solid ground.

We see a biblical example of stability in Matthew 7:24-26.

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock.”



God Will Stabilize You Day Three

If you're not familiar with this story, Jesus taught a crowd how they should live their lives. He then talks about a foolish man who hears His words and doesn't do them.

God is our strong foundation to build on. We won't find true stability any other way. Not through any president or political leader, not through making more money or eating as healthy as we can.

When anxiety and fear strike and you feel as if your legs might buckle beneath you, take a few minutes to breathe deeply and repeat this affirmation below.

Affirmation: God is my rock and stable ground. I am safe, loved, and cared for.

Take Action: Go outside and practice deep breathing as you go for a walk. Seek God in prayer and remind yourself that although our minds feel unstable, God will keep our feet (and souls) firmly grounded.

God, I pray for the person who has read this devotional that they would seek you every day and look for ways to grow in their faith and connection with you. God, reveal yourself to them through your Word and show them that if they draw near to you, you will draw near to them. Amen.

Thanks for reading.

Kelley Spencer