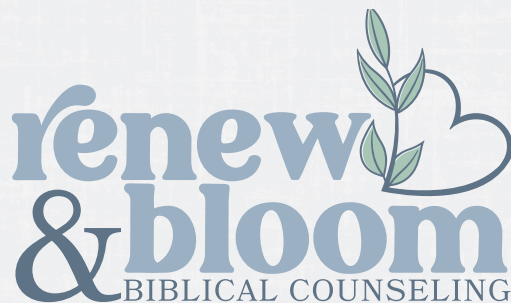


Held

A Five Day Devotional
For The Anxious Heart



DAY ONE

He Is Already With You

Some mornings the worry is awake before you are. Before your feet touch the floor, your mind has already run ahead into the day, the conversation you are dreading, the thing you cannot fix, the what if you cannot answer.

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

Isaiah 41:10

Notice what God says first to a frightened heart. He does not say stop being afraid. He does not scold you for the fear. Over and over in Scripture, the first thing He says to the anxious is simply, **I am with you**. He draws near to the very people whose hearts are pounding. Your fear does not push Him away. It is the place He comes close. You may not be able to talk yourself out of the worry this morning, and you do not have to. You only have to remember who is already in the room. The same God who upholds the world is holding you, and He is not going anywhere.

TRUTH TO HOLD

Before your fear says a word, God has already said, I am with you.

PRAY

Father, when the worry wakes before I do, remind me that You are already here. I cannot quiet my own mind, but I do not have to carry this alone. Quiet me with the truth that You are with me, and You are holding on to me even now.

SIT WITH THIS

Where do you most need to know He is with you today?

DAY TWO

What the Worry Is Showing You

The worry is rarely about nothing. It attaches itself to something real, the bill, the diagnosis, the child you cannot protect from everything. And underneath the racing thoughts, there is usually a quieter question you have not said out loud.

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Matthew 6:26

When Jesus met an anxious crowd, He did not shame them for being afraid. He pointed them to the birds. Because underneath most worry is a question: will I be taken care of? Will there be enough? And He answers it, not with a command to calm down, but with a picture of a Father who feeds. Your worry is not something to be ashamed of. **It is showing you a place where you have been carrying what was always His to carry, and a place where He wants to remind you whose you are.**

TRUTH TO HOLD

Underneath the worry is a question, and your Father has already answered it. He feeds the birds, and you are worth so much more.

PRAY

Father, You see what I am afraid of, and You see the question underneath it, will I be cared for. Remind me today that I am Yours, and that the One who feeds the birds has not once forgotten me.

SIT WITH THIS

What is the quiet question underneath your worry today?

DAY THREE

Grace for Today, Not Tomorrow

If you look closely at the weight you are carrying, most of it is not even today. It is tomorrow, and next week, and the what ifs that have not happened and may never come. You are trying to carry a day you have not been given yet.

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:34

When God fed His people in the wilderness, the manna came one day at a time. They could not store it up. Grace for tomorrow was never in their hands, because tomorrow was not theirs yet. You feel the weight of tomorrow because you keep reaching for it with today's strength, and you were never given that. His mercies are new every morning. Tomorrow's grace will be there tomorrow, the moment you need it, and not one hour before.

TRUTH TO HOLD

You do not have tomorrow's grace yet because you do not need it yet. He gives the bread of the day, for the day.

PRAY

Father, I keep reaching for tomorrow and finding I cannot carry it. Help me receive only today from Your hand, and trust that when tomorrow comes, Your mercy will already be there waiting for me.

SIT WITH THIS

What part of tomorrow are you trying to carry before it has even come?

DAY FOUR

Bring It to Him

The world has a lot to say about your anxiety. Manage it. Control it. Will your way out of it. And so you try, and you end up more tired and more afraid, because that was never a weight you were meant to carry alone.

Casting all your anxieties on him, because he cares for you.

1 Peter 5:7

Notice He does not tell you to rise above it or to push it down by yourself. He tells you to cast it on Him, to hand it over, because He cares for you. You do not have to will your way out of the chaos in your mind. You bring it to the One who can hold what you cannot. When your anxious thoughts multiply within you, it is His consolations that quiet your soul, not your own strength.

TRUTH TO HOLD

You were never meant to will your way out of it. You were meant to hand it to Him.

PRAY

Father, I have been trying to carry this by myself, and it is too heavy. I bring it to You now, the chaos in my mind and the fear I cannot fix. Carry what I cannot, and quiet me with Your nearness.

SIT WITH THIS

What have you been holding that you have not yet handed to Him?

DAY FIVE

Who You Are While You Wait

Maybe the worry has not lifted. Maybe you will wake tomorrow and it will still be sitting there on your chest. So hear this before you close the last page.

There is no fear in love, but perfect love casts out fear.

1 John 4:18

It does not say your perfect calm casts out fear. It says perfect love does, and that love is His, not yours. You are not loved because you finally quieted your mind. You were loved first, and you are held whether the worry lifts today or not. The fear does not get to name you. You are His daughter in the very middle of it, exactly as much as you would be without it. That is the thing that holds when nothing else feels steady.

TRUTH TO HOLD

You are not held because you stopped being afraid. You are held because He loves you, and His love will not let go.

PRAY

Father, when the worry stays, remind me that I am still Yours. I am not loved for my calm. I am loved by You, and I am held by You. Let Your perfect love be the thing that quiets me, even today.

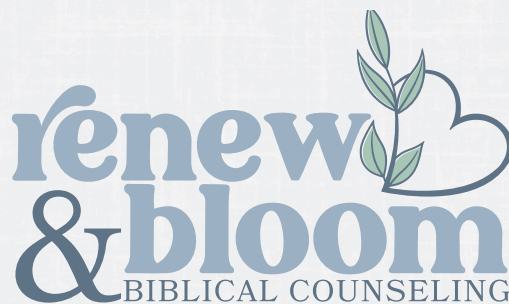
SIT WITH THIS

Who does God say you are, even on the days the worry stays?

You Are Held

Whatever tomorrow holds, you do not face it alone, and you do not face it by your own strength. **You are held** by the One whose love does not let go. Come back to these truths any time the worry gets loud again.

With love, Megan



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