



# 100 DAYS TO FREEDOM

from  
Fear and Anxiety

Daily Devotional

STEPHEN ARTERBURN



# Day 1

## Comfort and Care

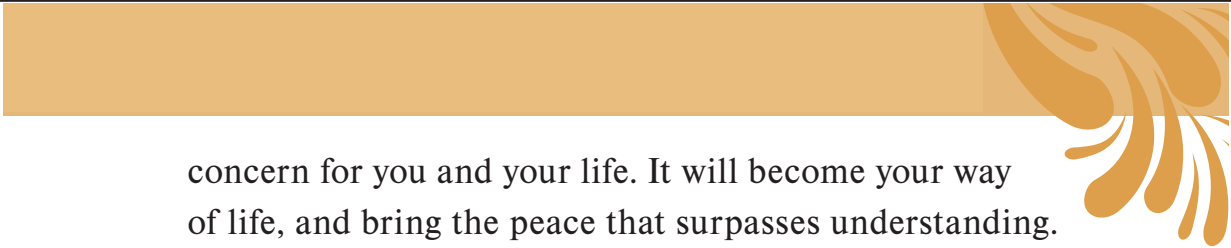
*Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."*

MATTHEW 11:28-30


**W**hat a great invitation Jesus offers you in this passage of scripture! There are days when we are so overwhelmed by the worries of our life that we need someone to be there for us, and Jesus offers this to you.

So, what does it look like to go to Jesus and let him carry your burdens? It can be hard to lean into Jesus when you feel weighed down by the cares in your life. Some of the ways we go to him are to read the Bible, pray, and connect with loved ones. As you read the Bible you will be reminded of God's promises to you. As you pray and express your concerns to the Lord, he will hear you! And as we connect with others who love us, we will experience the care of the Lord. In a gentle way, Jesus will teach you a new way of life, and provides rest for you.

Take a deep breath (or three) and re-read this passage. Spend some time praying. Ask Jesus to take your burdens. Rest in the fact that he is faithful. We need to do this every day. As concerns come to your mind, offer them to Jesus. Remind yourself of Christ's loving care and



concern for you and your life. It will become your way of life, and bring the peace that surpasses understanding.



We can choose to gather to our hearts the thorns of disappointment, failure, loneliness, and dismay due to our present situation, or we can gather the flowers of God's grace, unbounding love, abiding presence, and unmatched joy.

Barbara Johnson

God is the God of "right now." He doesn't want you sitting around regretting yesterday. Nor does He want you wringing your hands and worrying about the future. He wants you focusing on what He is saying to you and putting in front of you . . . right now.

Priscilla Shirer

You don't have to be alone in your hurt! Comfort is yours. Joy is an option. And it's all been made possible by your Savior. He went without comfort so you might have it. He postponed joy so you might share in it. He willingly chose isolation so you might never be alone in your hurt and sorrow.

Joni Eareckson Tada

## FOR FURTHER REFLECTION

Deuteronomy 31:6-8; John 16:22-24; Psalm 32:7-11



### TODAY'S PRAYER

Thank you, Lord, for your comfort and care for me. Help me to trust you more, and to know that you go before me and will provide the strength I need for my life. Amen.



## Day 2

### Prayer


*As for me, I look to the LORD for help.  
I wait confidently for God to save me,  
and my God will certainly hear me.*

MICAH 7:7

**T**he concerns and cares that fill your mind can cloud your thinking. “What ifs” and thoughts like “how can it be” can make us hyper-focus on a problem, and distract us from asking for help. Looking at a problem from all sides isn’t necessarily wrong—but it leaves out the Lord, who can provide insight and hope for you.

Surprisingly, many believers don’t always pray when they are filled with worry. They talk about praying, and they ask others to pray, but they barely spend time with God themselves asking for help in their situation. Have you prayed about your concerns as much as you have talked about them? If you are not praying for God’s help and wisdom, you may be missing out on the very answer you are waiting for in your situation.

God is waiting for you, always, to share your heart, your worries, and your victories. As you spend time in prayer with God, you begin to know him more, which will increase your trust in him. You will come to know that he is always ready to listen to you and provide what you need for your life. This promise will give you hope no matter what happens.



The reality is, my prayers don't change God. But I am convinced prayer changes me. Praying boldly boots me out of that stale place of religious habit into authentic connection with God Himself.

Lysa TerKeurst

Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference.

Max Lucado

Is prayer your steering wheel or your spare tire?

Corrie ten Boom

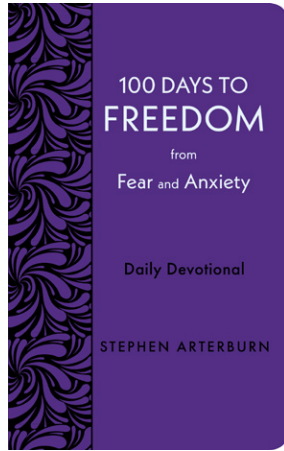
## FOR FURTHER REFLECTION

Matthew 6:9-13; 1 John 5:14-16; 2 Chronicles 7:14



### TODAY'S PRAYER

Lord Jesus, thank you for your listening ear. Help me as I bring my concerns, cares, and celebrations to you. I am grateful for your constant presence and assurance. Amen.



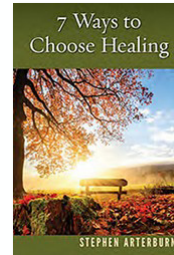
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## 100 Days to Freedom from Fear and Anxiety Daily Devotional

*100 Days to Freedom from Fear and Anxiety* offers a daily respite from worries and the scary things of life. Gain insight into how God offers peace, where anxiety and fear begins, and practical understanding of steps to freedom from fear and anxiety.

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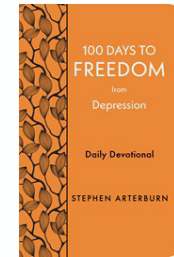


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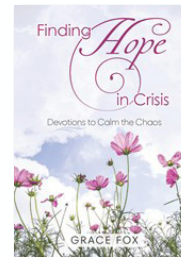


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