



# Unshakable Hope

## 5 Devotions to Fight Fear and Anxiety

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BY WELL-WATERED WOMEN

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**Dear Sister,**

I'm so glad you downloaded *Unshakable Hope: 5 Devotions to Fight Fear and Anxiety!* Are you ready to dig into the Word and be reminded that we can be unshaken women, even in the midst of suffering and hardship?

Here's what you can expect:

- Five days of devotions to encourage you and remind you that the Word of God is more than enough to meet our needs in every season
- A daily *Faith in Practice* action step to help you practically live out the truths you're learning

When our world is shaky, we must cling to our unshakable God.

**Unshaken in Christ,**

Gretchen Saffles

*Founder*



## Unshakable Hope Day 1: Will This Ever End?

“How long, O LORD?” It’s an honest question we’ve all asked at one point or another. How long will I be single? How long will I be without a child in my womb? How long will I battle depression? How long will I be in despair? Just a few years ago, I was in a similar season as David was when he wrote Psalm 13. In my lowest moments, when anxiety gripped my heart and fear clouded my vision, I asked, “How long, O LORD?” This psalm became a haven and a hope when I was in the deep valley of anxiety.

In this psalm, David asked the Lord “how long?” four different times. He admitted his frailty and despair. He didn’t hide it from the Lord or try to clean himself up first. He came broken, raw, and honest. And yet, in six short, jam-packed verses, he journeyed from despair to praise. Verse 5 says, “But I have trusted in your steadfast love; my heart shall rejoice in your salvation.” David was able to move past “how long?” by focusing on who God is, knowing his faithfulness does not waver.

Your circumstances may change, but his steadfast love stays the same. When you’re at your lowest, God is still on his throne. Because of this, you can sing a song of praise—even when the question “how long?” still lingers in the back of your mind. Just as God didn’t forsake his Son Jesus when he was hanging on a cross, he will never forsake you (Rom. 8:32).

### FAITH IN PRACTICE

Make a list of the uncertainties you’re currently facing, holding nothing back. Be honest with the Lord about these fears and ask him for his help to truly surrender it all to him.

## Unshakable Hope Day 2: God Hears Your Cry

Even when you're in the midst of battle, surrounded on all sides, pummeled with fears, and weighed down with burdens, God still hears you call to him. He invites you into his presence with the gentle reminder that in him, there is no need to fear—because he will strengthen you, help you, and uphold you (Isa. 41:10). With him, there's no need to worry. Because of his great love, there's no need to dread what is to come.

He is a God who is bigger than your greatest fears and anxieties. There is no barrier that could ever separate you from him (Rom. 8:35–39). Psalm 4:3 reminds you of this hope to remember when the storms of life are raging: “But know that the LORD has set apart the godly for himself; the LORD hears when I call to him.”

If you're battling crippling fear today, remember that God has a listening ear. He sees the big picture and the outcome of all your circumstances. In his ability, his sovereignty, and his power, you can sleep in peace each night, laying aside anxiety for trust (Ps. 4:8). Wherever you are today and whatever state your heart may be in, know that Jesus is the answer to your soul's distress. He hears your cries, he answers, and he is faithful to the very end.

### FAITH IN PRACTICE

Take ten looks at Christ today by making a list of ten of his characteristics and thanking him for his sufficiency in the midst of your weakness.

## Unshakable Hope Day 3: Trading Worry for Worship

Praise prepares you for what is to come, covers what is already done, and fills you with joy in the present moment. Worry fixes your gaze on the temporary, but praise fixes your gaze on the eternal. Worry worships the “what ifs,” but praise worships the beautiful work of Christ on the cross. Worry distracts you from your mission and drags down all who hear, but praise equips you for battle and spills over onto all who are around you. Jesus is worthy of a million words of praise and more. You will never out-praise his work on the cross.

Let words of praise and worship to Christ drip like honey from your lips, exalting him above every temporary thing and nourishing those who come into contact with you. Praise him abundantly, and when you think you’ve praised him enough, when plans change, and when bumps in the road come, praise him even more. Because he is still good, no matter what may come.

### FAITH IN PRACTICE

Go back to the list of uncertainties you made on day one of this challenge. Ask the Lord to help you see his hand of faithfulness in these circumstances and praise him for his kindness to you in this season.

## Unshakable Hope Day 4: You Can Break Free

This prayer of David resonates with my heart: “Bring me out of prison, that I may give thanks to your name!” (Ps. 142:7a). We often live with our souls in a prison of fear, doubt, insecurity, worry, and discouragement. The walls and bars surrounding us are made up of lies whispered from the enemy. The ceiling hinders us from looking up to see our mighty God at work. David admitted his soul was in prison and that he longed for freedom. Why? So he could thank the Lord and take part in the joy of praising God Almighty.

What prison holds your soul captive today? Whatever it is, Jesus holds the keys that set your soul free. Our freedom is for his praise and glory and for the freedom of others. Freedom is not for tomorrow, it’s for today, and it’s found in Christ alone. “So if the Son sets you free, you will be free indeed” (John 8:36). Speak this gospel truth over the lies that try to keep your soul in a prison cell and walk freely today in Jesus’ name.

### FAITH IN PRACTICE

Make three columns on a piece of paper. At the top, write these headings: *I Feel*, *I Know*, and *God Says*. Then, fill in each column with phrases that fit your circumstance and write the truth on your heart as you complete this exercise. Here’s an example to get you started:

- I feel alone because we have moved to a new town and I don’t have a lot of friends yet.
- I know that God is with me all the time.
- God says, “I will not leave you or forsake you” (Josh. 1:5).

## Unshakable Hope Day 5: Come, Just as You Are

Each morning, Jesus calls you to come and follow him, to die so you can live, to give up the lesser things of this world to gain the greater things that can only be found in him. This begins with spending time in his presence just as you are—messy hair, morning breath, unkempt heart and all. Lay down your to-do lists, your dreams, your distractions, and your pride to embrace the humility and joy of Christ.

Obedience looks like coming to him even when you don't feel like it, when your surroundings are anything but quiet, and when your heart isn't in the mood to read the Word. Those are the moments you need to hear (and read) about God's goodness, nearness, and faithfulness. Truth will wash over you and grace will sustain you moment by moment.

When you set everything aside to come to him, the Holy Spirit will till up the soil of your heart, uprooting the weeds of worry, envy, pride, and bitterness, and he will plant new life through the gospel of grace. Come to him. Let him do his tilling work. Read the Word even when you don't feel like it. Embrace the digging, uprooting, and replanting. And let him water your life to grow into the likeness of Christ.

### FAITH IN PRACTICE

Choose how you will stay connected to Christ when all you want to do is avoid him. Will you make a fresh commitment to the Word? Will you ask a friend to read a book of the Bible with you? Perhaps you will begin memorizing a verse each week. Whatever it is, ask God to help you seek him with your heart and not just out of duty, knowing that he will reward you (Heb. 11:6).