



5 DAY DEVOTIONAL

Sermon: Freedom From Anxiety

SPEAKER: REV. CHRIS STEVERSON | 8/30/2026 | PAGE 1 OF 5

Day 1: When Worry Knocks, Let Prayer Answer

Devotional: Anxiety has a way of showing up uninvited. It does not care how strong your faith is or how long you have been walking with God. It just shows up. And when it does, most of us reach for the same old tools: distraction, control, or worry itself. But Paul, writing from a prison cell of all places, offers a radically different response. He does not say "try harder" or "worry less." He says bring it to God. All of it. Through prayer, through asking, and through thanksgiving. That last part is easy to skip over. Thanksgiving. Not after the answer comes, but before. There is something powerful about thanking God in the middle of the mess. It shifts your focus from the size of the problem to the size of the One you are talking to. And here is the promise attached to that kind of prayer: a peace that does not even make logical sense will stand guard over your heart and mind. The original word for guard pictures soldiers surrounding something precious. That is what God's peace does for you when you pray. You do not have to have it all figured out. You just have to bring it to Him. That is enough to get started.

Bible Verse: "Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God." - Philippians 4:6

Reflection Question: What worry have you been carrying on your own that you have not yet brought to God in honest, thankful prayer?

Quote: "Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God."

Prayer: Lord, I bring You what I have been carrying alone. Teach me to come to You first, with thanksgiving, trusting that Your peace is greater than my anxiety. Amen.

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Day 2: Hiding Never Heals

Devotional: When Adam heard God walking in the garden, His first instinct was to hide. Not to run toward God, but away from Him. And if we are honest, we do the same thing. Fear and shame have a way of making us pull back from the very One who can help us. We manage, we cover up, we keep busy. But homemade solutions never fix what sin has broken. Adam tried to cover himself with leaves. It did not work. God had to provide the covering Himself. Unrepentant sin is one of the deepest roots of anxiety. When we are living with something we know is wrong and we have not brought it to God, it creates a constant low-grade tension in the soul. We cannot fully rest because something is unresolved. Confession is not about groveling or earning your way back. It simply means agreeing with God about the truth. Calling the thing what it is. And when you do, something lifts. The guilt that was quietly fueling your anxiety loses its grip. God is not waiting to condemn you. He is waiting to cover you, just as He covered Adam. His grace is the only thing that can wash away what shame has left behind. You do not have to keep hiding.

Bible Verse: "And he said, I heard your voice in the garden, and I was afraid, because I was naked, and I hid myself." - Genesis 3:10

Reflection Question: Is there something you have been hiding from God that may be quietly feeding your anxiety more than you realize?

Quote: "Confession simply means agreeing with God about the truth."

Prayer: Father, I stop hiding today. I agree with You about what is true, and I receive Your covering through the grace of Jesus. Thank You that You do not turn away the honest heart. Amen.





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Day 3: You Cannot Serve Two Masters and Have Peace

Devotional: There is a particular kind of exhaustion that comes from trying to live in two worlds at once. Loving God on Sunday and chasing the world the rest of the week. Wanting His peace but also wanting what the world promises. It sounds like balance. It produces anxiety. Divided affections are a real and often overlooked source of inner tension. When your heart is pulled in two directions, it never fully rests in either place. Jesus was direct about it: you cannot serve two masters. You will love one and resent the other. This is not a call to a joyless, rigid life. It is actually an invitation to freedom. When your love for God becomes singular and settled, the noise quiets. You stop trying to manage competing loyalties. You stop performing for two audiences. Perfect love casts out fear. When God's love fills the space that anxiety has been occupying, there is simply less room for fear to operate. That kind of love is not something you manufacture. It is something you receive and then return. The question is not whether you love God at all. The question is whether that love is competing with something else for the center of your life. Settling that question is one of the most freeing things you can do.

Bible Verse: "Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in Him. For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever." - 1 John 2:15-17

Reflection Question: What competing affection in your life might be quietly stealing the peace that a wholehearted love for God could give you?

Quote: "I know people who are sold out to sin, and it don't bother them. I know people who are sold out to God and it don't bother them. But I know people who are trying to balance both worlds, and it's killing them."

Prayer: Lord, I want an undivided heart. Show me where my affections are split, and draw me back to You as my one true center. Amen.

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Day 4: God Already Knew Before You Asked

Devotional: One of the quietest forms of anxiety is the kind that trusts God with eternity but struggles to trust Him with Tuesday. We believe He can save a soul but wonder if He notices an empty bank account or an uncertain diagnosis. George Mueller understood something most of us are still learning. On a morning when there was no food for hundreds of orphans in his care, he sat them down at the table and gave thanks before anything had arrived. He was not pretending. He was trusting. And before the prayer was finished, God had already set provision in motion. Jesus asked a simple but searching question: does God know what you need? The answer is yes. He knew before you asked. He still wants you to ask, not because He needs the information, but because asking keeps you connected to Him. It reminds you who is actually in charge. Seeking His kingdom first is not a formula for getting what you want. It is a posture of trust that says: I will obey, and I will leave the outcomes with You. That is where anxiety begins to lose its power. Not when all the circumstances change, but when your grip on them loosens. God has not missed what you are facing. He is already moving.

Bible Verse: "But seek first the kingdom of God and His righteousness, and all these things shall be added to you." - Matthew 6:33

Reflection Question: In what area of your daily life do you find it hardest to trust God with the outcome, and what would it look like to release that to Him today?

Quote: "God knows how to meet your needs. And before this prayer was even spoken, God was moving."

Prayer: Father, I trust You not just with eternity but with today. I bring my needs to You and choose to seek Your kingdom first, believing You are already at work. Amen.

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Day 5: Train Your Mind, Transform Your Life

Devotional: Peace is not just something that happens to you. It is something you participate in. Paul makes this clear when he calls believers to deliberately set their minds on what is true, noble, just, pure, and praiseworthy. This is not wishful thinking. It is intentional mental training. Thoughts become feelings, and feelings turn into actions. What you consistently think about shapes who you are becoming. If your mind is a steady diet of fear, comparison, and worst-case scenarios, your inner life will reflect that. But when you begin to redirect your thoughts toward what is good and true, something shifts. Romans 12 calls this the renewing of the mind. It is not a one-time event. It is a daily practice of choosing what you dwell on. And the promise attached to it is remarkable: when you do this, the God of peace Himself will be with you. Not just His peace as a feeling, but His presence as a reality. You have been through enough storms to know that life does not always calm down on command. But a mind that is being renewed by God's truth is a foundation that holds when the storms arrive. You cannot always control what happens around you. You can, with God's help, choose what you build your life on. Start today. One true thought at a time.

Bible Verse: "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things." - Philippians 4:8

Reflection Question: What is one specific thought pattern you keep returning to that is feeding your anxiety rather than your faith, and what truth could you replace it with?

Quote: "Thoughts become feelings, and feelings turn into actions."

Prayer: Lord, renew my mind today. Help me to fix my thoughts on what is true and good, and let Your presence be the peace that guards my heart. Amen.

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