



Five-Day Devotional 34
No Reason to walk in fear or Anxiety
August 24-28, 2026

From the Pastor's Desk
Desk Devotional Inspiration
No Reason to walk in fear or Anxiety

Introduction: We live in a world where circumstances can change quickly and where uncertainty is unavoidable. People may disappoint us, plans may change, needs may arise, and situations involving our finances, health, relationships, safety, or future may give us legitimate reasons for concern. Yet Jesus teaches us that uncertainty does not have to become anxiety, and concern does not have to become fear. Our confidence is not based on knowing what tomorrow will bring or being able to control every outcome; it is based on knowing the God who is with us, knows what we need, hears our prayers, and remains faithful in every circumstance.

This five-day devotional will help us move from **uncertainty to trust, from panic to prayer, from fearful thinking to biblical truth, and from anxiety to the peace and help of God**. We may not be able to predict what is coming, but we can take the next faithful step with God.

Blessings,

Pastor Fryar

Note to reader: This five-day devotional is designed to encourage and reaffirm that when you pray, you are deepening your walk with God. This is highlighted through use of scripture references from the New King James Version unless otherwise indicated.



Day 1 — We Live in an Unpredictable World, But God Is Still Good.

Scripture: Genesis 50:20; Matthew 6:25–34: "That is why I tell you not to worry about everyday life-- whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?" (Matt. 6:25 NLT).

We live in a fallen and unpredictable world. People can make good choices or harmful choices; circumstances can change without warning; and situations involving finances, health, relationships, safety, or unmet needs can create genuine reasons for concern.

Joseph experienced this reality firsthand. His brothers intentionally harmed him, yet Joseph could look beyond what they had done and recognize God's greater purpose: *"You meant evil against me; but God meant it for good"* (Genesis 50:20).

This does not mean everything that happens is good. It means **God remains able to work for good even when circumstances or people are not good.**

Jesus therefore tells us not to live consumed by worry. The unpredictability of our circumstances does not mean the unpredictability of God's character. **We may not know what tomorrow will bring, but we know who holds tomorrow.**

Devotional thought: Uncertainty does not change who God is. When circumstances are beyond our understanding or control, we can anchor our hearts in what we know about Him. God is good even when life is not. His goodness does not depend on our circumstances making sense.

Application: Today, identify one circumstance that is outside your control. Instead of repeatedly worrying about what might happen, deliberately remind yourself: **God is still good, and He is able to work for good even when I cannot see how.**

Prayer: Heavenly Father, I acknowledge that I live in a world where circumstances can change and people can disappoint me. Help me remember that nothing happening around me is beyond Your ability to work for good. Keep me from allowing uncertainty to become fear. Teach me to trust Your goodness even when I cannot understand what You are doing.



Day 2 — God Knows What You Need.

Scripture: Matthew 6:25–34: “...For your heavenly Father knows that you need all these things.” (Matt. 6:32).

One of the strongest reasons Jesus gives for refusing to live in anxiety is remarkably simple: **your Father knows what you need.**

God’s instruction not to worry is therefore not based on pretending that needs do not exist. Needs are real. Problems are real. Uncertainty is real.

But **God’s knowledge of our circumstances is greater than our knowledge of them.**

Sometimes anxiety is fueled by a false belief that God does not see, does not care, or will not come through for us. Jesus confronts that way of thinking by directing our attention toward the Father’s character.

We can therefore bring our concerns to God without carrying them as though everything depends upon us.

Devotional thought: God does not ask us to trust Him because our needs are imaginary. He asks us to trust Him because **He knows our needs completely.** What we cannot see, He sees. What we cannot anticipate, He already knows. What we cannot control, He is not powerless over.

Application: Today, when a specific need causes anxiety, name it before God in prayer. Then thank Him that He already knows what you need and ask Him for wisdom to handle your responsibility without trying to control the outcome.

Prayer: Heavenly Father, thank You for knowing what I need before I even ask. Forgive me for the times I have allowed uncertainty to make me question Your care or commitment to me. Help me distinguish between responsibly addressing a problem and anxiously trying to control the outcome. Today I choose to trust Your knowledge, Your wisdom, and Your faithfulness.



Day 3 — Pray Instead of Panic.

Scripture: Philippians 4:6–7: “Do not worry about anything, but” (Phil. 4:6 NRS).

Paul gives us a practical response to anxiety: **“In everything by prayer and supplication with thanksgiving let your requests be made known unto God.”**

Notice the breadth of the instruction: **“In everything.”** Nothing is too insignificant or too overwhelming to bring to God.

Prayer changes our posture. Instead of allowing the problem to dominate our thoughts, we deliberately place the problem before God. Instead of rehearsing what might go wrong, we communicate with the One who is already present.

Paul then says that *“the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*

God’s peace does not require that we understand everything. In fact, Paul specifically describes it as surpassing understanding. **We can have peace without having all the answers.**

Devotional thought: Anxiety tells us to keep thinking about the problem until we find an answer. Prayer tells us to bring the problem to God. Prayer does not always immediately change the circumstance, but it changes where we are placing our trust. **We do not have to solve everything in our minds before we can experience God's peace.**

Application: When anxiety rises today, stop and pray before continuing to rehearse the problem in your mind. Tell God specifically what concerns you, ask Him for what you need, and thank Him for His faithfulness.

Prayer: Heavenly Father, I bring my concerns to You rather than allowing them to control me. I acknowledge what is troubling me, but I refuse to carry it as though everything depends upon me. I give You my fears, questions, uncertainties, and needs. Thank You for Your faithfulness. Guard my heart and mind with Your peace through Christ Jesus.



Day 4 — Let God's Word Shape Your Thinking.

Scripture: Philippians 4:8; Matthew 6:33–34: "...meditate on these things>" (Phil. 4:8 NKJ)

Anxiety does not only involve what we feel; it also involves what we repeatedly think about.

Paul instructs believers to deliberately focus their minds on things that are **true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise** (Philippians 4:8).

This does not mean ignoring problems. It means refusing to allow fearful possibilities to occupy our minds without interruption.

Jesus gives a similar perspective: "*Seek first the kingdom of God and His righteousness*" (Matthew 6:33). Then He says, "*Do not worry about tomorrow.*"

Jesus is not telling us to be irresponsible about tomorrow. He is teaching us not to **live tomorrow's troubles today**. Tomorrow will bring its own concerns. God gives us grace for today.

So when fear begins to dominate our thoughts, we can ask: **Is what I am thinking true? Does it reflect what God has said? Am I trusting God's character or merely imagining the worst possible outcome?**

Devotional thought: Not every thought deserves our agreement. Fear can present possibilities as though they are certainties. God's Word gives us a standard by which we can examine our thinking. **We do not have to follow every fearful thought; we can redirect our minds toward what is true.**

Application: Today, notice one recurring fearful thought. Ask whether it is a fact, a possibility, or an assumption. Replace fearful speculation with a specific truth from God's Word, and focus on faithfully handling today rather than mentally living in tomorrow.

Prayer: Heavenly Father, help me take control of my thoughts rather than allowing fearful thoughts to control me. Teach me to think about what is true and consistent with Your Word. Help me seek Your kingdom today instead of borrowing tomorrow's troubles. Give me grace to deal faithfully with what is in front of me and trust You with what is beyond my control.



Day 5 — Receive God's Peace and Walk by His Help.

Scripture: Philippians 4:6–8; Matthew 6:33–34: “Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. (Phil. 4:6 NLT)

There is a difference between **feeling anxiety and surrendering to anxiety.**

We should be honest with God about what is happening within us: *“Lord, I feel anxious. I can feel the tension in my body. I am concerned about this situation.”* Biblical faith does not require pretending that we have no emotions.

But honesty is followed by surrender: **“I am giving this to You.”**

Then comes trust: **“I receive Your peace and choose to walk according to Your Word.”**

Our confidence should never become a testimony about how strong we were or how successfully we conquered fear by ourselves. The better testimony is: **“God helped me.”**

The Holy Spirit helps us live what God commands. We can face uncertain circumstances without being controlled by them because our confidence rests not in our ability to predict or control life, but in God's presence, character, wisdom, and faithfulness.

Whatever today brings, we can take the next faithful step.

Devotional thought: Walking in peace does not mean that fear will never knock on the door of our hearts. It means we do not have to invite fear to take control. We can acknowledge what we feel, surrender what we cannot control, trust what God has said, and take the next faithful step.

Our strength is not that we never struggle; our strength is that God helps us in the struggle.

Application: Today, when you recognize anxiety, practice this simple response: **acknowledge it, surrender it to God, thank God for His presence, and take the next faithful step. Do not demand that you know the entire outcome before you obey God in the present.**

Prayer: Heavenly Father, I acknowledge before You everything that is producing fear or anxiety in me. I give these concerns to You. I cannot control every circumstance, every person, or every outcome, but I can trust You and obey what You have told me to do. Help me by Your Spirit to walk in faith rather than fear. Thank You that Your grace is sufficient and Your peace is available. Let my testimony be not, “I conquered this by myself,” but **“God helped me.”**



Five-Day Progression

Day 1: *God is still good in an unpredictable world.*

Day 2: *God knows what I need.*

Day 3: *I can pray instead of panic.*

Day 4: *I can think according to God's truth.*

Day 5: *I can acknowledge my anxiety, surrender it to God, and walk in His peace.*

Five-Day Takeaway: I may not be able to control everything that happens, but I can choose where I place my trust. God is good. God knows what I need. I can pray instead of panic, think according to His truth, surrender my fears to Him, and take the next faithful step. I do not have to walk in fear or anxiety alone—God helps me.