

Overcoming Anxiety:

A 3-Day Devotional for Lasting Peace

*A 3-Day Deep Dive Bible Study on
Trusting God and Finding His Peace*



Adura

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Day 1: Come to Me and Rest

— Matthew 11:28-30

Verse: *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

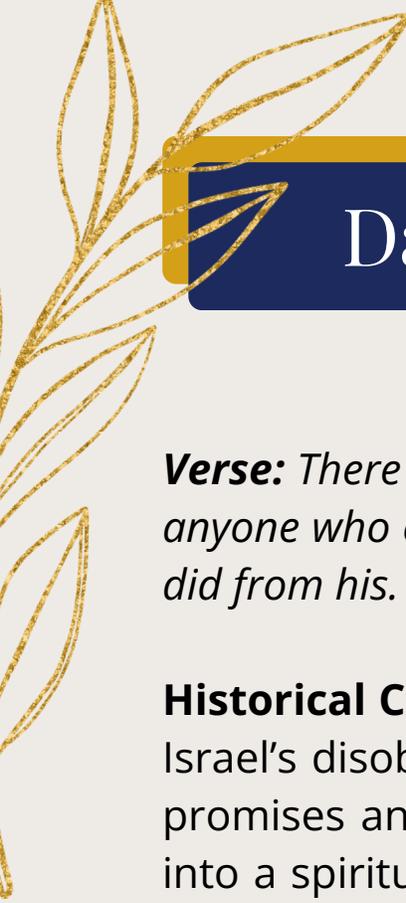
Historical Context: Jesus spoke these words to a weary crowd burdened by legalism and religious striving. The Pharisees had added layers of rules and expectations, leaving people spiritually exhausted. Jesus offered an invitation away from self-reliance into His rest.

Teaching: Rest isn't inactivity; it's trust. Jesus calls us to lay down the weight of trying to fix everything ourselves. True rest comes when we exchange our striving for His strength and surrender our control.

Application: Write down one area where you've been trying to control the outcome. Pray and release it to Jesus today.

Reflection: Where am I carrying burdens Jesus has already promised to carry for me?





Day 2: Entering God's Rest

— Hebrews 4:9-11

Verse: *There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest.*

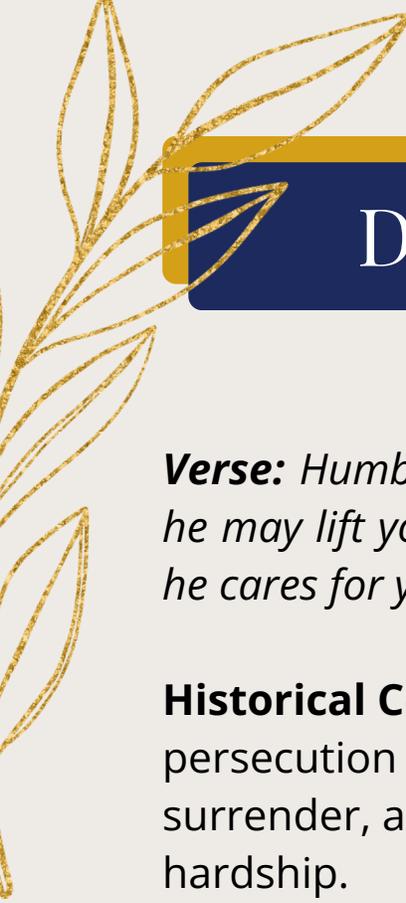
Historical Context: The writer of Hebrews reminded believers of Israel's disobedience in the wilderness. They failed to trust God's promises and wandered for 40 years. In contrast, we are invited into a spiritual rest rooted in faith — resting because God's work is finished.

Teaching: Rest is an act of faith. Anxiety grows where trust fades, but entering God's rest means believing He is already working for our good. Resting in Him declares, 'God, You've got this.'

Application: Spend 10 minutes in stillness today, meditating on God's faithfulness and releasing control over your situation.

Reflection: Do I live like God is truly in control, or do I still rely on my own strength?





Day 3: Casting Every Care

— 1 Peter 5:6-7

Verse: *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.*

Historical Context: Peter encouraged believers facing persecution and uncertainty. He reminded them that humility, surrender, and trust are keys to experiencing God's peace even in hardship.

Teaching: Anxiety often grows from trying to control what only God can handle. Resting in Him begins by acknowledging our limits and leaning fully on His care and timing.

Application: Write down three worries or fears. Pray through each one, intentionally handing them over to God.

Reflection: What would it look like for me to live tomorrow as if I fully trusted God's care for me today?

