

7-DAY DEVOTIONAL · PART 3 OF 3

Fearless:
Free From Fear and Shame

Pastors Hazen and Hannah Stevens · GateCity Buckhead

gatecitybuckhead.com/fearless

Scripture: ESV

Welcome

"I sought the Lord, and he answered me and delivered me from all my fears." In this 7-day plan, Pastor Hazen and Hannah Stevens share their own stories of anxiety and how God met them there. Discover how fear and shame work together, how to trust God beyond what you can see, and why we were never meant to walk free alone. Part 3 of the Fearless series.

These devotionals are adapted from *21 Days of Fearless Living* by Hazen and Hannah Stevens. Anxiety is real, and you are not weak or faithless for feeling it. God meets us in the middle of it.

How to use this devotional

- Set aside about ten minutes a day. Read the Scripture passage first, then the devotional.
- Do the call to action. Write your answers down if you can.
- Pray the prayer out loud, then keep talking with God in your own words.
- Go through it with a friend, your small group or your family.

If you are in crisis or thinking about harming yourself, please reach out today. In the U.S., call or text 988 any time.

DAY 1

The Freedom of Yes

Read: Luke 1:26-38

When the angel Gabriel appeared to Mary, his words after his greeting were, "Do not be afraid, Mary, for you have found favor with God." (Luke 1:30, ESV)

That was not only about his appearance. It was about the assignment. Mary, likely a teenager, would carry the Son of God before her wedding. She would face misunderstanding from her fiancé, her family and her town.

And Mary answered, "Behold, I am the servant of the Lord; let it be to me according to your word." (Luke 1:38, ESV)

There is a unique freedom on the other side of surrender. A lot of our anxiety comes from trying to control outcomes and protect our reputation. Mary let go of both. She did not understand everything she was saying yes to. But she knew who she was saying yes to.

When we hold our lives with open hands, fear has less to grab onto.

TODAY'S CALL TO ACTION

Is there something God is asking of you that you are afraid to say yes to? What are you trying to protect?

PRAYER

Lord, I am Your servant. However You want to use me, I say yes. Give me Mary's courage to trust You more than I fear what others think. Amen.

DAY 2

No Shame in His Presence

Read: Psalm 34:4-5; Isaiah 40:11

Today's devotion is from Hannah Stevens.

"I sought the Lord, and he answered me and delivered me from all my fears. Those who look to him are radiant, and their faces shall never be ashamed." (Psalm 34:4-5, ESV)

As I have spent time with the Lord about fear, He has shown me fears I already knew about, and some I did not. That is a gift. When God reveals our fears, it is because He wants all of us.

But here is what I have noticed. When I find fear in myself, my first reaction is often shame. "I should be further along. A real Christian would not feel this way."

Our Father is not like that. Isaiah 40 describes the all-powerful God as a shepherd who "will gather the lambs in his arms; he will carry them in his bosom" (Isaiah 40:11, ESV). He does not despise our weakness.

Shame is so dangerous because it makes us hide from the very love that heals fear. If perfect love drives out fear, then shame keeps us from the cure.

So bring both to Him, the fear and the shame. Look to Him, and He will take the shadow off your face. The healing is often gradual, a journey of trust and friendship with Jesus, but it is real.

TODAY'S CALL TO ACTION

Is there a fear you have been ashamed to admit? Tell Jesus about it today. Picture His face toward you, full of compassion.

PRAYER

Father, thank You that You do not despise the places of fear in me. I bring You my fears and my shame. Hold me close to Your heart, and let my face be radiant in Your love. Amen.

DAY 3

He Answered Me

Read: Psalm 34:1-10

"I sought the Lord, and he answered me and delivered me from all my fears." (Psalm 34:4, ESV)

This verse is personal for me. As a kid I was diagnosed with attention deficit and hyperactivity, and reading and testing were hard. The stress and anxiety around those tasks followed me all the way through college. I had an outgoing, bold personality, but in those moments I froze.

God led me to a specific kind of therapy, and in those sessions I sensed His presence. He began to deliver me from that anxiety. Today I walk in a freedom I did not think was possible.

I share that because deliverance from fear comes in different forms. Sometimes it is a miracle. Sometimes it is wisdom: the right counselor, doctor or practice. Sometimes it is perseverance: grace to keep going through a hard season. All of them are God answering.

If you are struggling with anxiety, getting help from a counselor or doctor is not a lack of faith. It can be exactly how God answers your prayer.

And if you are in crisis or thinking about harming yourself, please reach out today. In the U.S., you can call or text 988 any time.

TODAY'S CALL TO ACTION

What would it look like to seek the Lord about your anxiety this week? Is there one practical step, a conversation, an appointment, a prayer partner, that you sense He is inviting you to take?

PRAYER

Lord, I seek You today. Answer me and deliver me from all my fears, in whatever way You choose. Give me wisdom for the next step. Amen.

DAY 4

Fix Your Eyes on What Lasts

Read: 2 Corinthians 4:16-18

"So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison." (2 Corinthians 4:16-17, ESV)

I call this transcendent trust: a trust that sees beyond what is visible to what is eternal.

Paul was not minimizing suffering. He had been beaten, shipwrecked and imprisoned. But he had learned to set what he was going through next to eternity, and eternity changed the weight of it.

Jesus lived this way. Standing before Pilate, with His life on the line, He was calm. "You would have no authority over me at all unless it had been given you from above." (John 19:11, ESV) Pilate was the one who was afraid.

When we fix our eyes on the unseen, our anxiety about the seen begins to loosen. Nothing you go through in faithfulness to God is wasted. It is producing something that will last forever.

TODAY'S CALL TO ACTION

What trouble are you facing that feels heavy right now? Set it next to eternity. How does that change the way you see it?

PRAYER

Lord, help me fix my eyes on what cannot be seen. Renew my spirit today. Thank You that nothing I walk through with You is wasted. Amen.

DAY 5

Courage That Helps Others

Read: Acts 27:13-26

Paul was a prisoner on a ship bound for Rome when a violent storm hit. For days the crew saw neither sun nor stars. They threw cargo overboard. They stopped eating. They gave up hope.

Then the prisoner stood up and spoke: "I urge you to take heart, for there will be no loss of life among you, but only of the ship." (Acts 27:22, ESV) An angel of the God he belonged to had stood beside him in the night.

On Day 1 of this series, Jesus calmed the storm with a word. Here the storm did not stop. The ship ran aground and broke apart. But every person made it to shore, just as God said.

God's deliverance does not always look the same. Sometimes He stills the storm. Sometimes He gets you through it.

And notice what Paul's courage did for others. A prisoner ended up leading the ship. When we stay close to God in hard times, our peace becomes something others can lean on. As the world gets more turbulent, people will look for those who know God and can say, "Take heart."

TODAY'S CALL TO ACTION

Who around you needs courage right now? What could you say or do to strengthen them this week?

PRAYER

Lord, let me know You so well that I can say "take heart" to others and mean it. Make me a source of peace in someone else's storm. Amen.

DAY 6

Fearless Together

Read: Acts 2:42-47; John 13:34-35

We were never meant to fight fear alone.

The early church faced real persecution. But they met together, ate together, prayed together and shared what they had. Their courage was not just personal. It was communal.

Anxiety loves isolation. It tells you nobody would understand, you should handle this yourself, and you are a burden. Community breaks that lie. When you share your fears with people who love Jesus, you find out you are not the only one, and you get prayed for, encouraged and carried.

Jesus said, "By this all people will know that you are my disciples, if you have love for one another." (John 13:35, ESV) A church where people are honest about their struggles and carry each other is a powerful witness in an anxious world.

TODAY'S CALL TO ACTION

Who could you share your fears with this week? And who can you reach out to with encouragement today?

PRAYER

Father, thank You for the gift of Your family. Give me the courage to be honest with others, and the love to carry someone else. Amen.

DAY 7

Built on the Rock

Read: Matthew 7:24-27; Romans 8:38-39

Jesus told a story about two builders. One built his house on sand and one on rock. The same storm hit both houses. The one on sand collapsed. The one on rock stood firm.

Over these three plans, we have looked at storms of every kind: storms at sea, prison at midnight, threats, doubts, shame and long seasons of pressure. In every story, the difference was never the size of the storm. It was the foundation.

- **Trust** is the base of fearless living, because God is faithful.
- **Courage** is not the absence of fear. It is moving forward with God anyway.
- **Faith** anchored in Christ grows through testing.
- **Community** carries us when we cannot carry ourselves.

All of it rests on Jesus. In Him you are forgiven, filled with His Spirit and held by a love nothing can separate you from. You do not have to live in the grip of fear. You can live in the freedom and boldness of knowing who you are in Christ.

TODAY'S CALL TO ACTION

Look back over these days. What has God shown you? Write down one truth you want to build your life on.

PRAYER

Jesus, You are my rock. I build my life on You. Thank You for every way You have met me in my fear. Let me live fearless, not because the storms stop, but because You are with me. Amen.

You finished the series

Thank you for walking through all three parts of Fearless. We would love to get to know you. Find more at **gatecitybuckhead.com/fearless**.

Read it in the Bible App

All three Fearless plans are also available free in the YouVersion Bible App from GateCity Buckhead.

Pray with us

GateCity Buckhead prays together online through the week, and we would be honored to pray with you. See the times at **gatecitybuckhead.com/digital-community**.

Visit us

Sundays at 11am at Atlanta International School, 2890 N Fulton Dr NE, Atlanta. Plan your visit at **gatecitybuckhead.com/new-here**.

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